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1888/89

1888-89

FOURTH CATALOGUE

OF THE

SCHOOL FOR CHRISTIAN WORKERS,

SPRINGFIELD, MASSACHUSETTS.

INCLUDING THE SPECIAL WORK IN

THE YOUNG MEN'S CHRISTIAN ASSOCIATION TRAINING SCHOOL,

AND THE

TRAINING SCHOOL FOR SUNDAY-SCHOOL WORKERS AND PASTORS' HELPERS.

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Fourth Catalogue

OF THE

School for Christian Workers.

Springfield, Massachusetts.

April 1, 1889.

CLARK W. BRYAN & CO., PRINTERS,
SPRINGFIELD, MASS.

ORGANIZED NOVEMBER 25, 1884.

INCORPORATED JANUARY 28, 1885. SCHOOL OPENED SEPTEMBER 8, 1885.

This building, erected for the school, cost, with land and furniture, $43,485.09; is free from debt; contains sleeping accommodations for 44 students, recitation rooms, offices for the instructors, a large gymnasium, baths, etc., and also a complete suite of rooms for the Armory Hill Young Men's Christian Association.

CALENDAR.

Commencement Exercises and Annual Meeting of the Corporation and Board of Trustees, Tuesday, June 11, 1889.

Quarterly Meetings of the Trustees on the second Fridays of March, June, September and December.

Summer Session of the Gymnasium Department begins Sunday afternoon, June 30, and closes Wednesday afternoon, July 31, 1889.

FIFTH SCHOOL YEAR, 1889-90.

Fall Term { Begins Wednesday afternoon, September 4, 1889. / Ends Friday evening, December 20, 1889.

WINTER VACATION.

Winter Term { Begins Thursday morning, January 2, 1890. / Ends Friday evening, March 28, 1890.

SPRING VACATION.

Spring Term { Begins Tuesday morning, April 8, 1890. / Commencement Exercises, Tuesday even'g, June 10, 1890.

N. B. The Calendar is liable to change.

OFFICERS.

President,
REV. DAVID ALLEN REED.

Vice-President,
REV. J. H. VINCENT, D. D.

Recording Secretary.
REV. S. L. MERRELL.

Corresponding Secretary.
OLIVER C. MORSE.

Treasurer, CHARLES MARSH.

CORPORATION.*

Hon. J. S. Maclean, Halifax, N. S.
Hon. S. H. Blake, Toronto, Ontario.
D. A. Budge, Montreal, Quebec.
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Jos. Hardie, Selma, Ala.
H. J. McCoy, San Francisco, Cal.
Humphrey B. Chamberlin, Denver, Col.
Chas. A. Jewell, Hartford, Conn.
Jas. W. Harle, Atlanta, Ga.
F. H. Jacobs, Joliet, Ills.
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S. F. Chester, " "
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Cleveland H. Dodge, New York City.
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Elbert B. Monroe. " " "
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Edmund P. Platt, Poughkeepsie, N. Y.
S. F. Scovil, D. D. Wooster, O.
T. DeWitt Cuyler, Philadelphia, Pa.
Nelson F. Evans, Philadelphia, Pa.
J. J. Estey, Brattleboro, Vt.
Geo. J. Rogers, Milwaukee, Wis.

*The Trustees are italicized.

EXECUTIVE COMMITTEE :

HENRY S. LEE, J. H. APPLETON, C. H. SOUTHWORTH, S. F. CHESTER, with the Officers, *ex officio*.

AUDITORS :

E. C. ROGERS, E. PORTER DYER, H. S. LEE.

THE DESIGN OF THE SCHOOL.

The *specific* design of this School is "To train young men for the duties of General Secretaries and Gymnasium Instructors in Young Men's Christian Associations, and of Sunday School Workers and Pastors' Helpers."

In no sense does it offer a short road to the ministry, or encroach upon the sphere of the theological seminary.

THE CONTROL.

The control of this School is vested in a Board of Trustees, of whom four, with the officers *ex officio*, constitute an Executive Committee.

The Trustees are chosen by the Corporation. The Instructors are appointed by the Trustees.

INSTRUCTORS IN THE GENERAL COURSE.

Rev. D. A. REED, 734 State Street,

O. C. MORSE, Ingersoll Grove,

Systematic Bible Truth and Ethics.

Rev. T. H. HAWKS, D. D., 626 Worthington Street,

Bible History, Exegesis, and Church History.

Rev. S. L. MERRELL, 144 Buckingham Street,

Rhetoric and Logic.

Rev. E. P. ARMSTRONG, 60 Sherman Street.

Vocal Music.

JOSEPH T. HERRICK, M. D., 684 State Street,

LUTHER GULICK, M. D., 63 Clarendon Street,

Physiology and Hygiene.

R. J. ROBERTS, 73 Sherman Street,

Gymnasium Work.

INSTRUCTORS IN THE SPECIAL SCHOOLS.

THE YOUNG MEN'S CHRISTIAN ASSOCIATION TRAINING SCHOOL:

Secretarial Department, J. T. BOWNE, 35 Clarendon Street.

Gymnasium Department, LUTHER GULICK, M. D., 63 Clarendon Street, R. J. ROBERTS, 73 Sherman Street.

TRAINING SCHOOL FOR SUNDAY-SCHOOL WORKERS AND PASTORS' HELPERS.

Rev. E. P. ARMSTRONG, 60 Sherman Street.

For Instructors in Summer School, see last pages of Catalogue.

STUDENTS, 1888-9.

Note.—Those Marked (S. S.) are in the Training School for Sunday-School Workers and Pastors' Helpers. Those marked (Sec.) or (Gym.) are in the Secretarial or in the Gymnasium Department of the Y. M. C. A. Training School.

SENIORS.

CANFIELD, JAMES EDWARD, (Sec.) . . . . Rondout, N. Y.
CARRUTHERS, FREDERICK FAYETTE, (Sec.) . . . Lincoln, Neb.
COLTON, OSCAR CLEMENT, (Sec.) . . . Bellefontaine, Ohio.
COOK, JOHN WESLEY, (Sec.) . . . . . Springfield, Mass.
FOWLER, PETER VAN BENSCHOTEN, (Sec.) Hopewell Junction, N. Y.
FRENCH, ARCHIBALD DEY, (Sec.) . . . Montclair, N. J.
*HATCH, WALTER LIVINGSTONE, (Sec.) . . Birmingham, Ala.
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MAXWELL, THOMAS, (S. S.) . . . . . Belfast, Ireland.
*MCLEOD, ALEXANDER WILLIAM, (Sec.) New Glasgow, Nova Scotia.
MUNTZ, EMANUEL, (Gym.) . . . . . Buffalo, N. Y.
POWLISON, CHARLES FORD, (Sec.) . . . . Plainfield, N. J.
ROBINSON, ALEXANDER, (S. S.) . . . Hopewell, Nova Scotia.
SOLLEY, GEORGE WILLIAM, (S. S.) . . . . Bethel, Conn.
THOMPSON, HUGH CURRIE, (Gym.) . . . . Buffalo, N. Y.
WYMAN, WILLIAM HUTCHINSON, (Sec.) . . . . Elgin, Ills.

SPECIAL. { ALLEN, LEWIS WARREN, . . . Springfield, Mass.
ISKIYAN, PAUL STIPAN, . . Marash, Asiatic Turkey.

JUNIORS.

BAKER, GEORGE DOUGLAS, (Sec.) . . . . Newton, Iowa.
BAKER, JOSEPH HERBERT, (S. S.) . . . . Franklin, Mass.
BALL, WILLIAM HENRY, JR., (Sec.) . . . . Yonkers, N. Y.

*Studied only a part of the year.

Banning, George Wheelock, (Gym.)	New Britain, Conn.
*Barckley, Robert G., (Sec.)	Burlington, N. J.
Barrett, Stephen Edwin, (Sec.)	Auburn, N. Y.
*Bartlett, Edward Orville, (Sec.)	Amsterdam, N. Y.
Carey, Frederick Missimer, (Sec.)	Pottstown, Pa.
Carson, Albert Thompson, (Sec.)	Toronto, Ont.
*Casterline, Archie Foster, (Sec.)	Hornellsville, N. Y.
Cree, Thomas Kirby, Jr., (Sec.)	Allegheny, Pa.
Crippen, James Butterworth, (Sec.)	Coldwater, Mich.
Daum, William Fletcher, (Sec.)	Evansville, Ind.
Dickson, Henry David, (Sec.)	Buffalo, N. Y.
Dinsmore, Martin Luther, (Sec.)	Yonkers, N. Y.
Donaldson, William John, (Sec.)	Buffalo, N. Y.
*Douglas, Alonzo P., (Sec.)	Omaha, Neb.
Edwards, James Henry, (Sec.)	Brooklyn, N. Y.
Fillebrown, Herbert Martin, (Sec.)	Boston, Mass.
Fleming, Evrett Thomas, (Sec.)	Erie, Pa.
Flindt, Albert Edward, (Sec.)	Brooklyn, N. Y.
Ford, George Lyman, Jr., (S. S.)	Syracuse, N. Y.
Fuller, Frank Averill, (S. S.)	Thomaston, Conn.
Haas, Gustav, (Sec.)	New York, N. Y.
Hayes, William Solomon, (Sec.)	Watertown, N. Y.
Honigh, Jacob Cornelius, (S. S.)	Pictou, Nova Scotia.
*Horlacher, Louis A., (Sec.)	Dayton, Ohio.
Jacobsen, Carl Martin, (S. S.)	Arendahl, Norway.
Jones, Alfred Kirk, (Gym.)	Burlington, Iowa.
Locher, William Walter, (Sec.)	Grand Rapids, Mich.
*March, Leonard Guy, (S. S.)	Bridgewater, Dak.
Marshall, Fraser Grant, (Sec.)	New Glasgow, N. S.
*Matheson, George Gordon, (S. S.)	Pictou, Nova Scotia.
McCay, Nicholas Craig, (Sec.)	Appleton, Wis.
Merwin, Milton Knapp, (Sec.)	Utica, N. Y.
Meyer, Frederick Winfield, (Sec.)	Baltimore, Md.

*Studied only a part of the year.

Moody, Fred Stowell, (Gym.)		New Haven, Conn.
Murray, Murdoch Kenzie, (Sec.)		Plainfield, Nova Scotia.
*Nason, Fred Alphonso, (Sec.)		New Haven, Conn.
Owen, William Thomas, (Gym.)		Chester, N. H.
Parker, Anson Lindsley, (Sec.)		Detroit, Mich.
Parks, Will Stewart, (Sec.)		Brownsville, Tenn.
Pierson, Fred Jesse, (Sec.)		Flint, Mich.
Plummer, Paul, (Gym.)		Boston, Mass.
Selleck, Herbert Leroy, (Sec.)		Utica, N. Y.
Sprague, Douglas, (Sec.)		Toronto, Ont.
Willmarth, Robert Irving, (Gym.)		Deerfield, N. Y.
Withrow, John Graham, (Sec.)		Harrisburg, Pa.
*Wood, Newell A., (Sec.)		Champlain, N. Y.
*Younger, Albert, (Sec.)		New York, N. Y.
Special.	Gottfring, Frederic William, (Sec.)	Milwaukee, Wis.
	*Younger, Clarmont Henry, (Sec.)	New York, N. Y.

*Studied only a part of the year.

For Students in Summer School, 1888, see last pages.

THE GENERAL COURSE OF INSTRUCTION

Is common to all the students. It covers two years, and includes the following topics :

The Bible ;
Systematic Bible Truth ;
Evidences of Christianity ;
Christian Ethics ;
Church History ;
Methods of Work, etc. ;
Rhetoric and Logic ;
Rules for Deliberative Bodies ;
Vocal Music ;
Physiology and Hygiene with systematic exercise in the Gymnasium.

THE BIBLE.

Junior Year.

Biblical History (O. T.);
The Life of Christ ;
History of the Apostolic Church ;
Biblical Geography and Chronology.

Senior Year.

Exegesis, Selections from the Psalms and Prophets ;
The Old Testament Canon ;
Exegesis in Harmony of the Gospels and Epistles ;
The English Versions ;
Introduction.

Text-Books : Dr. Smith's Old and New Testament Histories (Harper's Students' Series); Robinson's English Harmony of the Gospels.

SYSTEMATIC BIBLE TRUTH, ETC.

Junior Year—First Term.

Outline Study of the Evidences of Christianity, of Ethics and of the Fundamental Doctrines common to all evangelical denominations.

Junior Year—Second and Third Terms.

Study of the Books of the Bible, with reference to the following topics: (1) The great divisions of each book ; (2) the great historical facts ; (3)

the great religious facts and spiritual truths ; (4) the great characters ; (5) the great types and their development in the other books ; (6) the great prophecies and promises, and their fulfillment ; (7) practical lessons. Special attention will be paid, all through this course, to the great doctrines previously studied in outline, as they are developed in each book.

Senior Year—First Term.

Christian Ethics.

Senior Year—Second and Third Terms.

The Books of the Bible, including the Authorship, Aim, General Divisions and Leading Facts, Truths, Prophecies and Characters of each of the books studied.

THE HISTORY OF EVANGELICAL CHRISTIANITY.

Senior Year.

The attempt is made to obtain a knowledge in *outline*, of the progress of Christianity and the Church down to the present time, prominence being given to Missions and the development of doctrine.

Text-Book : Fisher's History of the Christian Church.

METHODS OF WORK, ETC.

Under the following heads, receive special attention *throughout the entire course :* The prayer meeting and its methods ; How to study and use the Bible ; How to deal with Inquirers ; The Worker's Training Class ; The Literary Society.

RHETORIC AND LOGIC.

Rhetoric is taught during the Junior, and Logic during the Senior year. Written compositions are required of all, once in three weeks during the entire course.

Text-Book in Rhetoric : A Manual of Composition and Rhetoric by Jno. S. Hart, L. L. D. (Eldridge & Bro., Philadelphia.)

RULES FOR DELIBERATIVE BODIES

Will be taught during the Senior year. *Manual,* Roberts' "Rules of Order."

VOCAL MUSIC,

To prepare the student to lead in devotional singing, is taught during both years.

PHYSIOLOGY AND HYGIENE,

With especial reference to the care and development of the body and mind.

Text-Book: Martin's "Human Body." (Briefer Course.)

The need of a student to take any given studies must be decided by the instructors; but all are required to practice original composition, and extempore speaking.

The general course of study is meant to be adapted to the average student. If any should find a part of the course needless because of previous studies and discipline, they will be expected to give themselves to a more thorough acquaintance with the remaining departments, and to pass an examination upon the entire course.

Each accepted student, who has not already done so, is advised to read carefully in advance of his coming, "The Student's Manual," by Rev. John Todd.

ONE YEAR'S COURSE FOR COLLEGE MEN.

A one year's course has been arranged for 1889-90 especially for college students, embracing in the general course :—Bible History, Systematic Bible Truth, Exegesis and Church History; and the special work of the department which he enters.

THE YOUNG MEN'S CHRISTIAN ASSOCIATION TRAINING SCHOOL.

The Secretarial Department.

OBJECT: Training for the special duties of the General Secretaryship of the Young Men's Christian Association.

DEPARTMENT COURSE OF STUDY.*

JUNIOR YEAR.

FIRST DIVISION—THE FIELD, OBJECTS AND HISTORY.

I.—The Field and its Limits.—(A) The work—why needed; (B) A definite work—for and by young men; (C) The work distinctively religious; (D) Relation to the Church.

II.—Summary of the Objects and Work.—(A) The means employed in cities; (B) The means employed in small towns.

III.—History of the Rise and Growth of the Institution.

SECOND DIVISION—THE ORGANIZATION AND ITS HOME.

I.—Organization.—(A) When and how to organize; (B) Practical hints.

II.—The Constitution.

III.—Branches and Sub-Organizations.

IV.—The Management.—(A) The directors; (B) The officers.

V.—Standing Committees.—(A) Importance, enlistment and composition; (B) How to organize, etc.; (C) Principles and methods of construction; (D) Names and duties.

VI.—Membership.—(A) Classes of membership; (B) How to secure members; (C) The membership committee; (D) How to retain members; (E) Miscellaneous.

VII.—Membership continued.—(A) The development of active members; (B) The associate membership and its relations; (C) The member's meeting, or reception.

IX.—The General Secretary. His Relationships.—(A) To churches and pastors; (B) To officers, directors and committees; (C) To other employés; (D) To the members; (E) To the religious work; (F) To the business community; (G) To his fellow secretaries.

*This is in addition to the General Course outlined on pp. 10-12.

X.—The General Secretary. Personal Hints.

XI. — Securing and Training Secretaries. — (A) Demand and supply; (B) Methods of training.

XII.—The Association Home.—(A) Tenure. Advantages of owning a building; (B) Location; (C) Arrangement; (D) Equipment.

XIII.—The Care of the Home.—(A) General principles; (B) Repairs; (C) Safety; (D) Order and cleanliness.

XIV.—How to get a Building.—(A) Preparatory work; (B) Plan of a canvass; (C) Hints and cautions.

XV.—The Building Movement.

SENIOR YEAR.

THIRD DIVISION.—METHODS OF WORK.

I.—Current Finances.—(A) Ways and means; 1, Annual budget; 2, Sources of income; 3, Solicitation; (B) Collections and disbursements; (C) Financial bookkeeping.

II.—Real Estate and Endowment Funds.—(A) Incorporation; (B) Trustees; (C) Endowments; (D) Debt, taxes, etc.

III.—Records and Public Presentation of the Work.—(A) Records and statistics; (B) Anniversaries; (C) The parlor conference; (D) Printed matter.

IV.—Information and Relief.—(A) Boarding houses; (B) The employment bureau; (C) Visiting the sick; (D) Destitute young men.

V.—The Bible in Association Work.—(A) Individual Study; purpose, methods, helps; (B) Class study; 1, For beginners in Christian life; 2, For Christian young men in general; 3, The Workers' training class; (C) Practical use with the unconverted; 1, Personal work—the inquirer; 2, The evangelistic Bible class; 3, The evangelistic meeting; a, scripture quotations; b, Bible song service; c, Topical talks; d, Bible readings.

VI.—Religious Meetings, etc.—(A) The young men's meeting; (B) Other meetings at the rooms; (C) Religious work outside the rooms.

VII.—The Intellectual Department.

VIII.—The Social Department.

IX.—The Physical Department.

X.—Work Among Boys.

XI.—Work Among Special Classes.—(A)College Students; (B) Railroad men; (C) Commercial travelers; (D) Other nationalities; (E) Miscellaneous classes.

XII.—Women's Work for Young Men.

FOURTH DIVISION.—THE GENERAL WORK.

I.—District Work.

II.—State and Provincial Work.

III.—The International Work in North America.

IV.—The World's Committee and its Work.

Text-Book: "Hand book of the History, Organization and Methods of Work of Young Men's Christian Associations." This book was prepared especially for the use of this department.

College Men who enter for the "One Year's Course" outlined on page 12 can in the same time cover the work of this department.

PRACTICE.

During the whole of the Junior Year, all students in this department are required to be members of the *Armory Hill* Association, which occupies rooms in the School building; to do regular practical work on one or more of its standing committees; and to attend all stated meetings of the committees to which appointed, and the regular sessions of the Training Class. During the Senior Year the same must be done in connection with the *Central* Association—unless the student is preparing especially for Railroad work, when he will be required to unite and work with the *Railroad* Association. All are given practice in preparing monthly reports of committees, minutes of meetings, items for newspapers and bulletins, printers' copy, and proof reading; and are expected to attend each year at least two Association Conventions. The instructors decline to grant leave of absence to attend conventions other than those prescribed in the Department Course.

SPECIAL LECTURES AND CONFERENCES,

In the Secretarial Department, in 1888–89.

1. Oct. 16, 1888.—Luther D. Wishard, College Secretary of the World's Central Committee. "Association Work in Heathen Lands."

2. Oct. 16.—F. K. Sanders, Secretary International Committee. "Association Work in Jaffna, Ceylon."

3. Oct. 24.—David Walker, General Secretary, Sydney, New South Wales. "Association Work in the Australian Colonies."

4. Nov. 27.—H. Thane Miller of Cincinnati, Ohio. "Hindrances to Usefulness in the Secretaryship."

5. Nov. 27.—Robert Weidensall, Secretary of the International Committee. "The Opportunities of the General Secretaryship."

6. Dec. 3.—H. F. Williams, Secretary of the International Committee. "The Railway Work and Our Relation to It."

7. Jan. 22, 1889.—S. H. Berry, Librarian of the Brooklyn, N., Y., Association. "Why the Association should have a Library, and how it may be made most useful."

8. Jan. 29.—E. Porter Dyer, Editor of *The Springfield Union*. "The Secretary and the Newspapers; with hints on taking notes."

9. Jan. 30.—Rev. George A. Hall, State Secretary of New York. "Some things which I have learned both in and out of the Secretaryship."

10. Jan. 30.—Thomas K. Cree, Secretary of the International Committee. "Impressions of Association Work Abroad."

11. Feb. 5.—D. F. More, State Secretary of New Jersey. "Some of the ways in which the State and Local Secretaries may co-operate with each other."

12. March 5. Ex-Mayor Frederick Fosdick, of Fitchburg, Mass. "Business Principles applied to Religious Work."

THE YOUNG MEN'S CHRISTIAN ASSOCIATION TRAINING SCHOOL.

The Gymnasium Department.

OBJECT: Training for the special duties of Gymnasium Instructors.

DEPARTMENT COURSE OF STUDY.*

Note.—The following courses will be carried out as far as possible.

JUNIOR YEAR.

ANATOMY: Lectures and study from charts and models.

PHYSIOLOGY: *Martin's* "Human Body."

LECTURES: Effects of Exercise; Baths and Bathing; Personal Purity; How to Take Measurements.

SENIOR YEAR.

PHYSIOLOGY: Text Books—*Foster; Landois and Sterling.*

ANATOMY: Text Books—*Gray; Quain.* Study on Models.

PHYSICAL DIAGNOSIS: Lectures. Text Books—*Loomis; Hudson; Flint.*

EFFECTS AND PRESCRIPTION OF EXERCISE.

ANTHROPOMETRY.

LECTURES ON AND REVIEWS OF: "How to Get Strong," *Blaikie;* "Sound Bodies," *Blaikie;* "New Gymnastics," *Dio Lewis;* "Physical Culture," *D. L. Dowd;* "Health by Exercise," *Geo. Taylor;* "Systematic Training," *Schaible;* Gymnastic Literature in General.

*This is in addition to the General Course outlined on pp. 10–12.

GYMNASTIC AND ATHLETIC EXERCISE.

Special attention will be given to the building up of the weak parts of the student, and the development of a strong, erect, symmetrical and graceful figure.

JUNIOR YEAR.

Sixty lessons will be given in elementary exercises and drills, with and without apparatus ; calisthenics ; dumb-bells ; wands ; mats ; parallel bars ; horse ; buck ; etc. These exercises will be adapted to a class just beginning gymnasium work.

Forty lessons will be given in more advanced work, but not beyond the range of an ordinary class.

Sixty lessons in the practice of the simpler outdoor exercises, running, jumping, swimming, etc.

Twenty lessons in the actual leading of classes, under supervision.

SENIOR YEAR.

Lessons in out door exercises, taking up more especially the sports, lawn tennis, foot ball, etc.

Forty lessons in the more advanced gymnastic work, such as would be beyond the reach of the ordinary class.

Twenty exercises in actual leading of classes, under supervision.

No exercises of a hazardous nature will be taught.

The examinations will be a practical test of ability in the execution of the exercises that have been taught.

College Men who enter for the " One Year's Course " outlined on page 12, can in the same time cover the work of this department.

During the whole of this special course, which covers two years, all students in this department are required to be members of one of the local Young Men's Christian Associations, to do *practical work* on one or more of its standing committees, and to attend all stated meetings of the committees to which appointed, and the regular sessions of the School Training Class. They will also be expected to attend each year at least two District, State or International Conventions. The instructors decline to grant leave of absence to attend conventions other than those prescribed in the Department Course.

For Summer Session of this department, see pages 28–35.

TRAINING SCHOOL

— FOR —

SUNDAY-SCHOOL WORKERS AND PASTORS' HELPERS.

OBJECT: The training of young men for the duties of Sunday-school Missionaries and Superintendents, and Pastors' Helpers.

DEPARTMENT COURSE OF INSTRUCTION.*

JUNIOR YEAR.

First Term.

I. HISTORICAL AND THEORETICAL.

A. *Aim* and Scope of the Sunday-School.

B. *History*, including (1) Authority; (2) Origin; (3) Growth and Progress; (4) Union Work; (5) Denominational Work; (6) Its future.

C. *Plan.* 1. Church and School: (1) Their Relations; (2) Mission Schools; (3) Place; (4) Time and Finance; (5) Library.

2. Organization: (1) Constitution; (2) Officers and Committees; (3) Grades and Classes; (4) Home Department.

II. PRACTICAL AND NORMAL.

1. Bible: Books, characters, geography, constitution.
2. Lesson Study.
3. Frontier Work.
4. Methods of Teaching.

*This is in addition to the General Course outlined on pp. 10–12.

Second Term.

C. *Plan* (Continued).

3. Conventions: (1) Conferences; (2) Unions; (3) Institutes; (4) Local, District, County, State, International, Denominational Conventions; (5) Assemblies; (6) Associations: State, County, Town and District.

D. *Work.* 1. Gathering in: (1) Canvassing; (2) Work by Children; (3) By Committees; (4) By Superintendents; (5) On the Frontier.

2. Order of exercises.
3. Officers: (1) Qualifications; (2) Duties.
4. Teachers: (1) Qualifications; (2) Duties; (3) Selection and Removal; (4) Preparation; (5) Week-day Work; (6) Before the Class; (7) Personal Work.

Third Term.

5. Matter to teach: (1) International Lesson; (2) Supplemental Lesson; (3) Music; (4) Prayer; (5) Benevolence; (6) Reviews.
6. Young People's Society of Christian Endeavor: (1) Relation to Sunday-school and Church; (2) Organization and Methods; (3) Needs and Benefits.
7. Concerts, Picnics, Excursions, Fairs, Prizes, Mottoes, Festivals, Socials, Receptions, Vacations, Anniversaries, etc.

II. Practical and Normal (Continued).

Second Term.

5. Teachers' Meetings.
6. Blackboard Teaching.

Third Term.

7. Object Teaching.
8. Supplemental Lessons.
9. Normal Methods.

SENIOR YEAR.

First Term.

I. Historical and Theoretical.

1. Young People's Society of Christian Endeavor (Continued).
2. History of Education.
3. Study of Child Mind.
4. Lives of Eminent Teachers.
5. Principles of Teaching.

II. Practical and Normal.

1. Prayer Meetings: Boys', Children's, Young Men's, Young Women's, Teachers', Missionary, Temperance.
2. Praise Meetings.
3. Reports.

Second Term.

I. Historical and Theoretical (Concluded).

1. The Church: (1) Organization; (2) Management; (3) Officers.
2. Pastor's Helper: (1) Place; (2) Duties; (3) Qualifications.
3. Pastoral Work.
4. Mission Work.

Third Term.

5. Training Classes.
6. Committee Work.
7. Printed Matter.

II. Practical and Normal (Concluded).

Second Term.	*Third Term.*
1. Gospel Meetings.	3. Training Classes.
2. Bible Readings.	4. Records and Reports.
	5. Printing.

Text Books: The Young Teacher, Groser; Teaching and Teachers, Trumbull; Seven Laws of Teaching, Gregory; The Sunday-School Library, Dunning; The Life of Robert Raikes, Lloyd; Normal Outlines, Hurlbut.

N. B. Each Student in this School is expected to connect himself, if possible, with a Sunday-School of his own denomination in this city, and work in it.

N. B. The special aim of this Training School is to combine, for the best practical results, the Theory and Drill of the course with the Actual Work done outside, under the inspection and counsel of the Instructor who is, at the same time Superintendent of one of the largest Sunday-Schools in New England.

SPECIAL LECTURES.

IN THE TRAINING SCHOOL FOR S. S. WORKERS AND PASTORS' HELPERS,

1888–89.

1. "Methods of Sunday-School Work on the Frontier."
   Rev. Geo. H. Griffin, Secretary for New England of the American Sunday-School Union.
2. "Moral and Religious Teaching."
   A Series of Four Lectures by Prof. Thomas M. Balliet, Superintendent of Schools, Springfield, Mass.
3. The Young People's Society of Christian Endeavor."
   Rev. F. E. Clark, Editor of *The Golden Rule* and President of the National C. E. Society.
4. "City Evangelization."
   Rev. A. G. Lawson, D. D., Secretary of the "Baptist Social Union," Boston, Mass.
5. "Work of the Salaried Superintendent."
   Rev. J. W. Cooper, D. D., Pastor South Congregational Church, New Britain, Conn.
6. "Sabbath-School and Mission Work."
   A Series of Three Lectures by Rev. J. A. Worden, D. D., Philadelphia, Penn., Superintendent of the Sabbath-School and Missionary Work of the Presbyterian Church.
7. "Conventions, Conferences and Associations."
   Mr. W. H. Hall, Secretary of the Connecticut Sunday-School Association, and Member of the International Sunday-School Committee.
8. "Work of the Sunday-School Missionary."
   Mr. J. Lindley Spicer, Missionary of the American Sunday-School Union and Agent of the Union's Depository in New York.
9. "Office and Duties of the Pastor's Helper."
   Mr. W. H. Swallow, Helper to the Pastor of the State Street Baptist Church in Springfield, Mass.

TERMS OF ADMISSION, ETC.

The School for Christian Workers is open only to Christian young men, over eighteen years of age, who have *already shown ability* in the direction of the work for which they wish to prepare.

Each applicant for admission shall give evidence of having had at least a fair English education. If a graduate of a college or high school, he shall, upon entering, show his certificate of graduation; if not, he must before he can be accepted, pass a brief preliminary examination. Particulars of this will be sent upon the return of the application blank.

Business experience is *very desirable.*

Each applicant shall be a member in good standing of an evangelical church, and if admitted shall bring a certificate to this effect from his pastor, and unite with some church of his choice in this city.

Each applicant shall fill out and return "Confidential" blank, No. 1—which is sent to every applicant for information—giving at least two references as to character and qualifications. With this returned blank, in order to defray the expense of investigation, must be enclosed, if in the United States, twenty cents in postage stamps; if from Canada, twenty-four cents in Canadian stamps; and if from other Postal Union countries, the equivalent of forty cents in the stamps of the country from whence the application comes. Several weeks are sometimes required in making a thorough investigation, hence the desirability of making application as early as possible. Only after satisfactory reports are received concerning him can any student be admitted to the School.

The School year begins with the first Wednesday in September. Students who enter for one year, or the course, will not be admitted after the last of October. Those who can enter for a few months only, are admitted at any time; but nothing aside from the regular work is promised to such. It will be greatly to the advantage of all to enter at the *beginning* of the year.

Too much emphasis cannot be laid upon the importance of taking *the entire course*, wherever it is possible.

Each shall pledge himself upon the books of the School to comply with all its rules and the requirements of the officers, and shall give at least one week's notice if for any reason he wishes to leave the School before the end of the year.

Each is received upon probation, and when it becomes clearly evident that the pre-requisites for success are wanting, he will no longer be retained in the School.

It should be distinctly understood that neither the School nor its instructors agree to find places for students upon their leaving.

ESTIMATE OF EXPENSES.

For the School Year of Forty Weeks.

The following *estimate* of expenses is based upon the experience of 1888-9:

Table board,	from	$130 to	$140
Furnished room, *in Building*, with light and heat,	"	40	40
Tuition,		40	40
Gymnasium dress,		4 "	6
Washing, about	"	12 "	16
Text and Note Books,	"	12 "	20
Attendance upon Conventions,	"	14 "	18
		$252 to	$280

The above estimate covers only the items specified, and not other necessary incidentals which each must calculate for himself. There are no *extras*.

The expenses of transients vary from $6.00 to $7.00 per week.

Only forty-four students can be lodged in the present building, and rooms are assigned as the students are accepted. Furnished rooms outside the building cost from $1.25 to $2.00 per week; table board, from $3.25 to $4.00 per week.

Tuition is payable *promptly* on the last Mondays in September and January, one-half at each payment. Room rent, on last Mondays in each month. No reduction of rent will be made to a student who engages a room and fails to appear at the specified time nor to one who vacates his room less than a month before the close of the School. A deposit of twenty-five cents will be required for each key to the entrance of the Gymnasium.

Students will save themselves trouble and expense by bringing exchange on New York and Boston banks rather than local checks.

Where students have undertaken to pay a part of their expenses, by engaging in work in the city during the school year, they have found in every instance that it *seriously interfered* with their studies.

For expenses in Summer School see page 34.

ROOMS.

Each student lodging in the building will care for his own room, which must be kept scrupulously clean. *He will be expected to provide sheets, pillow and bolster slips, towels and soap.* Beds are all single, 3 feet in width; pillows, 18 x 26 inches; bolsters, 18 x 36 inches. Rooms are liable to weekly inspection. Rent will continue until the room is vacated and the key delivered to the superintendent of the building.

PROMOTION AND GRADUATION.

A student desiring to enter upon the regular Senior course, must first pass the examinations of the Junior course and be recommended for promotion by the superintendent of the special department to which he belongs.

A student who completes the general and either of the department courses, or an equivalent (passing seventy per cent. in his examinations upon the whole) and is recommended for graduation by the superintendent of the special department to which he belongs, will receive a diploma. This will include the students who complete the One Year's Course; page 12. One who does not complete the course, can have a certificate setting forth the amount and character of the work done by him, if he desires it, by application to the Recording Secretary.

LOCATION.

Springfield is the metropolis of Western Massachusetts. It has about forty thousand inhabitants, while it is the rival in wealth and commercial influence of cities many times greater, and its manufactures are famed the world over.

It is a railroad centre easily accessible from every direction. Lying on the great thoroughfares from Boston to New York, from Boston to Albany

and the West, from Montreal to New York, and in the midst of a densely populated manufacturing region, more than a hundred passenger trains daily bring in or bear away their living freight.

Springfield is in one of the most delightful parts of the charming Connecticut valley. Itself beautiful for its public edifices and private dwellings, its streets, parks, lawns and trees—it is a beautiful gem in a more beautiful setting.

It combines the advantages of the city and the country. It has a large and increasing public library and reading-room, in a building which would be an honor to any city. Its common and high schools are seldom surpassed. It has a large population of active Christians who worship in edifices, some of which have a national reputation for architectural beauty. There is a degree of intellectual, social, moral and religious earnestness which is seldom found except in the great centres of population.

The site of the building for The School for Christian Workers is on Armory Hill, in a part of the city which is attracting much attention for its healthfulness. It is near the head of State Street, a broad and beautiful avenue, and has the combined advantages of easy access to the centre of the city with its privileges, and of nearness to the open country. The friends of the School think that no better place could have been chosen for such an institution.

The Armory Hill horse cars (with *yellow* dash-boards) pass the Union Station, running directly to the School.

FOR GENERAL INFORMATION

Concerning the School or its finances, apply to O. C. Morse, Corresponding Secretary, School for Christian Workers, Springfield, Mass.

FOR SPECIAL INFORMATION

Concerning the work of the departments, address as follows, at Springfield, Mass.:

Y. M. C. A. TRAINING SCHOOL,

Secretarial Department.—J. T. Bowne, 35 Clarendon Street.
Gymnasium Department.—Luther Gulick, M. D., 63 Clarendon Street.

TRAINING SCHOOL FOR S. S. WORKERS,

Rev. E. P. Armstrong, 60 Sherman Street.

THIRD SUMMER SESSION

OF THE

GYMNASIUM DEPARTMENT

OF THE

YOUNG MEN'S CHRISTIAN ASSOCIATION TRAINING SCHOOL,

June 30 to July 31, inclusive, 1889.

INSTRUCTORS.

PROF. C. S. BEARDSLEY, Hartford Theological Seminary,
Bible Study.

LUTHER GULICK, M. D.,
Association Work and Athletics.

R. J. ROBERTS,
Gymnastics.

J. GARDNER SMITH, M. D., Physical Director Harlem Association. New York City,
Physical Diagnosis.

T. M. BULL, M. D., Physical Director of Young Men's Institute, New York City,
Physiology and Hygiene.

SPECIAL LECTURERS.

W. C. DOUGLAS, General Secretary, Boston, Mass.,
Consecration.

R. R. McBURNEY, General Secretary, New York City,
The Development of Workers.

WM. BLAIKIE, ESQ., author of "How to Get Strong."
Methods of Work for the Advancement of Personal Purity.

PROF. J. W. SEAVER, M. D., Yale University, New Haven, Conn.,
Physical Training among the Greeks.

PHEBE SPRAGUE, M. D., Springfield, Mass.,
Precautions to be taken in the Physical Training of Girls.

STUDENTS OF THE SUMMER SESSION OF 1888.

Allen, C. H.	Physical Director, Y. M. C. A.,	Troy, N. Y.
Allen, H. T.	Physical Director, Y. M. C. A.,	Springfield, Ill.
Barnard, A. W.	Physical Director, Y. M. C. A.,	Tonawanda, N.Y.
Bartlett, C. W.	Physical Director, 325 Broome St.,	New York City.
Bartlett, F.H., M.D.,	Physical Director, 23d St. Br.,	New York City.
Becker, W. S. H.	Physical Director, Y. M. C. A.,	Youngstown, O.
Bemies, C. O.	Physical Director, Y. M. C. A.,	Burlington, Ia.
Bridgman, F.	Physical Director, Y. M. C. A.,	Toledo, O.
Brodhead, H. W.	Physical Director, Y. M. C. A.,	York, Pa.
Carey, O. W.	- - - - -	Salem, Mass.
Clark, R. A., A. B.,	Physical Director, Y. M. C. A.,	Jersey City, N. J.
Como, E. F.	- - - - -	Middletown, Ct.
Cornelius, Thos.	Physical Director, Y. M. C. A.,	Richmond, Va.
Dickinson, W. B.	Physical Director, Y. M. C. A.,	Albany, N. Y.
Dickinson, W. G.	General Secretary, Y. M. C. A.,	Flint, Mich.
Gage, E. F., A. B.,	Physical Director, Y. M. C. A.,	New Britain, Ct.
Gwathmey, J. T.	Physical Director, Y. M. C. A.,	Omaha, Neb.
Haas, Gustav.	Association Training School,	Springfield, Mass.
Haven, P. P.	Physical Director, Y. M. C. A.,	Bridgeport, Ct.
Havener, L. C.	Physical Director, Y. M. C. A.,	Worcester, Mass.
Hess, G. W.	Physical Director, Y. M. C. A.,	Auburn, N. Y.
Hodge, H. G.	Physical Director, Y. M. C. A.,	Springfield, O.
Howard, C. F.	Physical Director, Y. M. C. A.,	Lynchburg, Va.
Howe, A. C.	Physical Director, Y. M. C. A.,	Watertown, N.Y.
Ireland, G. D.	Asst. Int. Committee's Office,	New York City.
Kennedy, A.	Gymnasium Assistant, Y.M.C.A.,	Philadelphia, Pa.
King, W. J.	Physical Director, Y. M. C. A.,	Norfolk, Va.
Kinzley, L. W.	Physical Director, Y. M. C. A.,	Lockport, N. Y.
Leonard, F. E.	Physical Director, Oberlin College,	Ohio.

Logan, E. W.	Physical Director, Y. M. C. A.,	Orange, N. J.
Leuba, J. H.	General Secretary, French Br.,	New York City.
Manning, E. H.	Physical Director, Y. M. C. A.,	McKeesport, Pa.
McCrone, H. W.	Physical Director, Y. M. C. A.,	Columbus, O.
McCurdy, J. H.	Physical Director, Y. M. C. A.,	Lewiston, Me.
McPhie, D. A.	Physical Director, Y. M. C. A.,	St. John, N. B.
Mintzer, G. W.	Physical Director, N. W. Br.,	Philadelphia, Pa.
Nerger, L. H.	Physical Director, German Br.,	New York City.
Oviatt, B. L., B. S.,	Physical Director, Yorkville Br.,	New York.
Partridge, G. W.	Physical Director, Y. M. C. A.,	London, Ont.
Phillips, P.C.,A.B.,	Physical Director, Y. M. C. A.,	Kansas City, Mo.
Phillips, C. D.	Physical Director, Y. M. C. A.,	Danville, Pa.
Schlemmer, W. A.	Physical Director, Y. M. C. A.,	Indianapolis, Ind.
Sims, J. W.	Physical Director, Y. M. C. A.,	Hartford, Ct.
Smith, H. F.	Gymnasium Asst., 23d St. Br.,	New York.
Sowby, T. T.	- - - - -	Philadelphia, Pa.
Welch, E I.	Physical Director, 23d St. Br.,	New York.
Whitman, A. H.	Physical Director, Y. M. C. A.,	Atlanta, Ga.
Wikel, H. H.	Gymnasium Asst., Y. M. C. A.,	Worcester, Mass.
Wilder, E. W.	Physical Director, Y. M. C. A.,	Meriden, Ct.
Yarnell, D. E.	Assistant Secretary, Y. M. I.,	New York City.

COURSES OF INSTRUCTION.

BIBLE STUDY, ... PROF. C. S. BEARDSLEY.

Consecutive Studies in the Gospels.

1. Childhood of Jesus.
   a. Annunciation to Mary.
   b. Magnificat of Mary.
   c. Song of Zacharias, Luke 1.
2. Teachings of John the Baptist, Matt. 3.
3. Baptism and Temptation, Matt. 3 and 4.
4. First Chapter of John.
5. Talk with Nicodemus, John 3.
6. Scene in Nazareth, Luke 4.
7. Early Galilean Ministry, Mark 1.
8. Healing of the Paralytic, Mark 2.
9. Teachings of Jesus, John 5.
10. Teachings about the Sabbath, Luke 6.
11. Sermon on the Mount, Matt. 6 and 7.
12. Centurion's Servant, Matt. 8.
13. Matthew 11.
14. Parables, Matt. 13.
15. Feeding of the 5,000 and surrounding Events, Matt. 14.

ASSOCIATION WORK, ... LUTHER GULICK, M. D.

The Young Men's Christian Association:

Its Organization, Aims and Methods.
Relation of the Physical Department to the whole work of the Association.
Aim of the Physical Department.
Association History and lessons from it.
Relation of the Physical Director to the General Secretary, Gymnasium committee and to the Church.

Methods of Work:

Committees, why needed, how selected, trained, duties of, etc.
Religious work, methods and suggestions. Bible class, Leader's class.
Social and Personal Purity, the facts, and how to meet them.
Scientific work, why necessary, methods of taking statistics, their object, how preserved, and used.

PHYSICAL DIAGNOSIS, . . . J. Gardner Smith, M. D.

Didactic and Clinical Lectures will cover the following subjects:

Mode and Means of making a Physical Examination.
Anatomy and Physiology of the Chest.
Definition and Significance of Sounds and Signs.
Percussion in Health.
Percussion in Disease.
Auscultation in Health.
Auscultation in Disease.
Diagnosis of Disease of the Respiratory Organs, and its importance in our work.
Diseases which Gymnastic work may help or harm.
Physical Conditions of the Heart in Health.
Physical Conditions of the Heart in Disease.
Heart Sounds and Cardiac Murmurs.
Relation of Athletics to the Heart in Health and Disease.
Other important structures Influenced by Gymnastic Exercise.
"Heart Burn" and Intestinal Troubles made better or worse by Gymnastics?
Three Lectures on first aid to the Injured.
Unconsciousness (Fainting, Apoplexy, etc.)
Transportation of the Injured, and Bandaging.

PHYSIOLOGY AND HYGIENE, . . . T. M. Bull, M. D.

The following subjects will be studied with special reference to Physical Development.

Cells: Elements, Proximate Principles.
Bones, Muscles: Oxidation, Energy, Nutrition.
Foods: Digestion, Absorption, Assimilation.
Blood—Heart: Circulation.
Lungs: Respiration.
Excretion: Kidneys, Skin.
Nervous System: Cord, Brain, Sympathetic.
Senses.

GYMNASTICS, ... R. J. Roberts.

Elementary Gymnastics, on the Horse, Buck, Parallel Bars, Mats, Dumb-bells, Calisthenics, etc.

Especial attention will be given to the art of leading classes, and to the building up of a system of Gymnastics on the platform, that "All Exercises shall be Safe, Short, Easy, Beneficial and Pleasing."

OUT-DOOR SPORTS, ... LUTHER GULICK, M. D.

Instruction in general principles of Training.
Training, daily, in sprint and long distance running.
High and broad jumping, both standing and running.
Swimming, with directions for rescuing from drowning.
Rowing, Lawn tennis, etc.
These sports will be studied particularly with relation to their effect on the Heart, Lungs, and Abdominal organs

TERMS OF ADMISSION, ETC.

Each applicant must be a member in good standing of some Evangelical Church. He must fill out and return Confidential Blank, No. 1, giving at least two references as to character and qualifications. He must have at least a fair English education, and must have shown aptitude for this line of Christian work. If found satisfactory, the student will be admitted to the School upon the payment of the fees.

It must be distinctly understood that neither the School, nor its Instructors, individually, in any way agree to find positions for its students.

Any General Secretary desiring to take one or more of the courses, will be admitted on application.

ADMISSION TO ADVANCED CLASSES, ETC.

All students will be expected to take the courses in Bible study and Association work.

Those desiring to take the course in physical diagnosis will be required to pass an examination in Martin's "Human Body" (Briefer Course, not the Elementary one), and on the Anatomy of the Thorax, as found in the edition of 1887 of Gray's Anatomy, pp. 904–915; 927–939, unless excused by the Board of Instructors.

Those desiring to take the course in Out-door Sports will be required to pass an examination on Mr. Roberts' system of floor work, unless especially excused by the Board of Instructors. Those who have completed this course at some previous date will be excused from this examination.

EXPENSES.

The following estimate of expenses is based on the experience of last year:

Table board, from	$17.00	to	$20.00
Room rent, from	5.00	to	10.00
Washing, from	2.50	to	5.00
Books, etc., from	6.00	to	10.00
Tuition,	20.00		20.00
	$50.50		$65.00

The tuition is $20.00 for the month; for a shorter period, a dollar a day (payable in advance).

Rooms in the building will be $5.00 for the course, and will be open only to those who desire to take the whole session. The room rent is payable in advance.

The above estimates cover only the items specified, and not other incidentals, which each must calculate for himself.

ROOMS.

Each student lodging in the building must care for his own room. He will be expected to provide sheets, pillow and bolster slips, towels and soap. Beds are all single, 3 feet in width; pillows, 18 by 26 inches; bolsters, 18 by 36 inches.

Those desiring to room in the building should apply at once, as there are indications that the building will not accommodate all who wish to do so.

Rooms outside of the building can be secured for from one and a quarter to three dollars a week.

OPENING AND CLOSING EXERCISES.

The Session will open on Sunday, June 30, with an address on Consecration, by W. C. Douglas, of Boston, Mass., and this will be followed by a meeting of prayer for God's blessing on the School.

On Monday morning, at nine o'clock, the School will organize, and at ten the examinations of those desiring to enter the advanced classes will take place. At two o'clock, the regular lectures of the course will commence.

On Wednesday, July 31, at two o'clock, Wm. Blaikie, Esq., will deliver an address, and at four the closing exercises of the school will be held.

All students are urged to reach Springfield by Saturday evening, June 29.

LOCATION, ETC.

The School is situated within fifteen minutes walk of excellent boating and bathing. Boats will be furnished without charge for the class work in rowing and swimming.

Within five minutes' walk of the building are the School athletic grounds, having excellent running track, tennis grounds, ball fields, etc.

The Armory Hill horse cars (with *yellow* dash boards), pass the Union R. R. station, running directly to the School.

Applications for admission, letters asking for information, etc., should be addressed to

LUTHER GULICK, M. D.,
ASSOCIATION TRAINING SCHOOL,
Springfield, Mass.

CONTRIBUTIONS.

[illegible] take [illegible] concerning the finances will receive immediate attention by address[illegible] O. C. MORSE, Corresponding Secretary, School for Christian Workers; and remittances may be made to him payable to the order of the Treasurer, CHARLES MARSH, Cashier Pynchon National Bank, Springfield.

FORM OF BEQUEST.

I give and bequeath to The School for Christian Workers, in Springfield, Mass., the sum of dollars.*

BEQUEST FOR ENDOWMENT.

[illegible]ve and bequeath to The School for Christian Workers, in Springfield, Massachusetts, the sum of , to be safely invested by them and called the Fund. The interest of this fund to be applied to the use of the School.*

PERPETUAL LOAN FUND.

For the purpose of founding a perpetual loan fund in The School for Christian Workers (or either of its special schools, if so stated), I hereby give the sum of four thousand dollars—or its equivalent in good securities at cash value—to be safely invested by them, the income to be loaned toward the education of students who have already shown ability in the School.

*Or the testator may specify, towards the current expenses; or, towards the support of a chair of instruction in the general course, or in either of the special schools; or, to be used as a loan towards the education of students who have shown ability in either of the special schools.

PROPOSED EXTENSION OF THE CHRISTIAN WORKERS' BUILDING.

C
Sp 841H
1889/90

1889-90.

FIFTH CATALOGUE

OF THE

SCHOOL FOR CHRISTIAN WORKERS,

Including the Special Work in the Young Men's Christian Association Training School, and in the Training School for Sunday-School Workers and Pastors' Helpers.

SPRINGFIELD, MASS.

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FIFTH CATALOGUE

OF THE

School for Christian Workers,

SPRINGFIELD, MASS.

FOR 1889-90.

WITH PROSPECTUS FOR 1890-91.

FEBRUARY, 1890.

CLARK W. BRYAN & CO., PRINTERS,
SPRINGFIELD, MASS.

ORGANIZED NOVEMBER 25, 1884.

INCORPORATED JANUARY 28, 1885. SCHOOL OPENED SEPTEMBER 8, 1885.

This building, erected for the school, cost with land and furniture, $43,485.09; is free from debt; contains sleeping accommodations for 44 students, recitation rooms, offices for the instructors, a large gymnasium, baths, etc., and also a complete suite of rooms for the Armory Hill Young Men's Christian Association.

CALENDAR.

Commencement Exercises and Annual Meeting of the Corporation and Board of Trustees, Tuesday, June 10, 1890.

Quarterly Meetings of the Trustees on the second Fridays of March, June, September and December.

Summer Session of the Physical Department commences the first week in August and continues during the month.

SIXTH SCHOOL YEAR, 1890-91.

Fall Term	Begins Wednesday afternoon, September 3, 1890. Ends Friday evening, December 19, 1890.
	WINTER VACATION.
Winter Term	Begins Monday morning, January 5, 1891. Ends Friday evening, March 27, 1891.
	SPRING VACATION.
Spring Term	Begins Tuesday morning, April 7, 1891. Commencement Exercises, Tuesday evening, June 9, 1891.

N. B. The Calendar is liable to change.

CORPORATION.

Nova Scotia, Halifax, W. B. McNutt.
Ontario, Toronto, Hon. S. H. Blake.
Quebec, Montreal, D. A. Budge.
" " George Hague.
Ala., Selma, Jos. Hardie.
Cal., San Francisco, H. J. McCoy.
Col., Denver, H. B. Chamberlin.
Conn., Hartford. Chas. A. Jewell.
Conn., Meriden, Wm. A. Kelsey.
Conn., West Hartford, W. H. Hall.
Ga., Atlanta, Jas. W. Harle.
Mass., Amherst, Dr. Edward Hitchcock.
Mass., Boston, Rev. Francis E Clark.
" " *Chas. A. Hopkins.*
" " *H. M. Moore.*
" " *Russell Sturgis, Jr.*
Mass., Campello, Preston B. Keith.
Mass., Chicopee, Hon. L. E. Hitchcock.
Mass., Holyoke, E. P. Bagg.
" " E. A. Reed, D. D.
Mass., Salem, Rev. T. W. Bishop.
Mass., East Somerville, Herbert E. Hill.
Mass., Springfield, Julius H. Appleton.
" " Thomas M. Balliet.
" " *Chas. H. Barrows.*
" " H. H. Bowman.
" " H. M. Brewster.
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*The Trustees are italicized.

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AUDITORS:

E. C. ROGERS, E. PORTER DYER. H. S. LEE.

THE DESIGN OF THE SCHOOL.

The *specific* design of this School is "To train young men for the duties of General Secretaries and Physical Directors in Young Men's Christian Associations, and of Sunday School Workers and Pastors' Helpers."

In no sense does it offer a short road to the ministry, or encroach upon the sphere of the theological seminary.

THE CONTROL.

The control of this School is vested in the Trustees, of whom four, with the officers *ex officio,* constitute an Executive Committee.

The Trustees are chosen by the Corporation. The Instructors are appointed by the Trustees.

INSTRUCTORS IN THE GENERAL COURSE, 1889-90.

Rev. D. A. REED, 734 State Street,

O. C. MORSE, 219 Florida Street,

Systematic Bible Truth and Ethics.

Rev. T. H. HAWKS, D. D., 626 Worthington Street,

Bible History, Exegesis, and Church History.

Rev. S. L. MERRELL, 144 Buckingham Street,

Rhetoric and Logic.

Rev. E. P. ARMSTRONG, 60 Sherman Street,

Vocal Music.

LUTHER GULICK, M. D., 56 Dartmouth Street,

Physiology and Hygiene.

C. O. BEMIES, 786 State Street,

Gymnastics.

LORY PRENTISS, 786 State Street,

Athletics.

INSTRUCTORS IN THE SPECIAL SCHOOLS.

THE YOUNG MEN'S CHRISTIAN ASSOCIATION TRAINING SCHOOL.

Secretarial Department,
- J. T. BOWNE, 35 Clarendon Street.
- F. W. MEYER, (Asst.,) 786 State Street.

Physical Department,
- LUTHER GULICK, M. D., 56 Dartmouth Street,
- HENRY KALLENBERG, (Asst.,) 786 State Street,
- C. O. BEMIES, (Asst.,) 786 State Street,
- LORY PRENTISS, (Asst.,) 786 State Street.

TRAINING SCHOOL FOR SUNDAY-SCHOOL WORKERS AND PASTORS' HELPERS.

Rev. E. P. ARMSTRONG, 60 Sherman Street.

STUDENTS, 1889-90.

Note.—Those marked (S. S.) are in the Training School for Sunday-School Workers and Pastors' Helpers. Those marked (Sec.) or (Phys.) are in the Secretarial or in the Physical Department of the Y. M. C. A. Training School.

SENIORS.

Baker, George Douglas, (Sec.)	Newton, Iowa.
Baker, Joseph Herbert, (S. S.)	Franklin, Mass.
Carey, Frederick Missimer, (Sec.)	Pottstown, Pa.
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Daum, William Fletcher, (Sec.)	Evansville, Ind.
Dickson, Henry David, (Sec.)	Buffalo, N. Y.
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Flindt, Albert Edward, (Sec.)	Brooklyn, N. Y.
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Fuller, Frank Averill, (S. S.)	Thomaston, Conn.
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Locher, William Walter, (Sec.)	Grand Rapids, Mich.
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McCay, Nicholas Craig, (Sec.)	Appleton, Wis.
Merwin, Milton Knapp, (Sec.)	Utica, N. Y.
Parks, Will Stewart, (Sec.)	Brownsville, Tenn.
Special—Godfring, Frederic William, (Sec.)	Milwaukee, Wis.

JUNIORS.

*Andrew, William Alexander, (Sec.)	New Bedford, Mass.
*Baker, Charles Herbert, (Sec.)	La Crosse, Wis.
Baker, William Joel, (S. S.)	Chicopee, Mass.
Baldwin, Harry Anderson, (Sec.)	New Albany, Ind.

*Studied only a part of the year.

Barton, William Henry, (Phys.)	Waltham, Mass.
Corbett, David Watson, (Sec.)	Montreal, Que.
Cowles, George Burr, (Sec.)	New Britain, Conn.
Fison, Herbert William, (Sec.)	Peacedale, R. I.
Fitch, Fred. Clyde, (Sec.)	Keene, N. H.
Fleming, George, (Sec.)	San Diego, Cal.
Fuller, George Francis, (S. S.)	Plymouth, Mass.
Gains, Frederick Alexander, (Sec.)	Portsmouth, Va.
Garland, Albert Ellsworth, (Sec.)	Buffalo, N. Y.
Grant, Donald, (Sec.)	New Glasgow, N. S.
*Hamblen, Walter Phipps, (Sec.)	Pictou, N. S.
Horton, Fred. Buell, (Sec.)	Rome, N. Y.
Keller, William Johnson, (Phys.)	Springfield, Mass.
Kingsbury, Charles Henry, (Sec.)	South Killingly, Conn.
Kraft, Frederick August, (Phys.)	Milwaukee, Wis.
Lanphear, Walter Eugene, (S. S.)	Chaplin, Conn.
Larimore, Irving, W., (Phys.)	Decatur, Ills.
Lunbeck, Arthur Wilbur, (Sec.)	Warrensburg, Mo.
Macdonald, George Daniel, (Sec.)	New Glasgow, N. S.
*Madigan, William D., (Phys.)	Brattleboro, Vt.
McKee, William Charles, (Sec.)	Wheeling, W. Va.
Medd, Henry, (Sec.)	Brooklyn, N. Y.
Mont Gomerie, Lewis Richard, (Phys.)	Windsor, Ont.
Ninde, William Edward, (Phys.)	Rome, N. Y.
Patrick, Edward Asa, (S. S.)	Chicopee, Mass.
Pell, Frank William, (Sec.)	Racine, Wis.
*Phillips, Charles Dickens, (Phys.)	Rome, N. Y.
*Richardson, Samuel Willard, (Sec.)	Painesville, O.
Ropes, James Miller, Jr., (Sec.)	Salem, Mass.
Sandford, William Burton, (S. S.)	Chaplin, Conn.
Smith, John Peter, (Sec.)	Sioux City, Iowa.
Taylor, Charles Samuel, (S. S.)	Meriden, Conn.
*Von Zastrow, Benno George, (Sec.)	Indepedence, Iowa.

*Studied only a part of the year.

	Winslow, George Henry, (Sec.) . . .	Gilbertville, Mass.
Special.	Theis, Paul Eugene, (Sec.) . . .	Paris, France.
	Williams, George, (Phys.) . . .	Marquette, Mich.

ONE YEAR'S COURSE.

	Hart, Burton Woodworth, (S. S.) . .	West Williamsfield, O.
Special.	Halsted, Alfred Thompson, (Phys.) .	Paterson, N. J.
	McCurdy, James Huff, (Phys.) . .	Princeton, Me.
	Seerley, Frank Newell, (Phys.) .	Oshkosh, Wis.

THE GENERAL COURSE OF INSTRUCTION

is common to all the students. It covers two years, and includes the folowing topics :

The Bible ;
Systematic Bible Truth ;
Evidences of Christianity ;
Christian Ethics ;
Church History ;
Methods of Work, etc.;
Rhetoric and Logic;
Rules for Deliberative Bodies;
Vocal Music;
Physiology and Hygiene;
Gymnastics and Athletics.

THE BIBLE.

Junior Year.

Biblical History (O. T.);
The Life of Christ;
History of the Apostolic Church;
Biblical Geography and Chronology.

Senior Year.

Exegesis, Selections from the Psalms and Prophets;
The Old Testament Canon;
Exegesis in Harmony of the Gospels and Epistles;
The English Versions;
Introduction.

Text-Books: Dr. Smith's Old and New Testament Histories (Harper's Student Series); Robinson's English Harmony of the Gospels.

SYSTEMATIC BIBLE TRUTH, ETC.

Junior Year—First Term.

Outline Study of the Evidences of Christianity, of Ethics and of the Fundamental Doctrines common to all evangelical denominations.

Junior Year—Second and Third Têrms.

Study of the Books of the Bible, with reference to the following topics: (1) The great divisions of each book; (2) the great historical facts; (3) the great religious facts and spiritual truths; (4) the great characters; (5) the great types and their development in the other books; (6) the great prophecies and promises, and their fulfillment; (7) practical lessons. Special attention will be paid, all through this course, to the great doctrines previously studied in outline, as they are developed in each book.

Senior Year—First Term.

Christian Ethics.

Senior Year—Second and Third Terms.

The Books of the Bible, including the Authorship, Aim, General Divisions and Leading Facts, Truths, Prophecies and Characters of each of the books studied.

N. B. During February, 1890, a course of twelve lectures on "Fundamental Truths of the Scriptures," will be given to the Senior Class by Mr. Russell Sturgis of Boston, Mass.

THE HISTORY OF EVANGELICAL CHRISTIANITY.

Senior Year.

The attempt is made to obtain a knowledge in *outline*, of the progress of Christianity and the Church down to the present time, prominence being given to Missions and the development of doctrine.

Text-Book: Fisher's History of the Christian Church.

METHODS OF WORK, ETC.,

Under the following heads, receive special attention *throughout the entire course*: The prayer meeting and its methods; How to study and use the Bible; How to deal with Inquirers; The Worker's Training Class: The Literary Society.

RHETORIC AND LOGIC.

Rhetoric is taught during the Junior, and Logic during the Senior year. Written compositions are required of all, once in three weeks during the entire course.

Text-Book in Rhetoric: A Manual of Composition and Rhetoric by Jno. S. Hart, L. L. D. (Eldridge & Bro., Philadelphia.)

RULES FOR DELIBERATIVE BODIES

Will be taught during the Senior year. *Manual,* Roberts' "Rules of Order."

VOCAL MUSIC,

To prepare the student to lead in devotional singing, is taught during both years.

PHYSIOLOGY AND HYGIENE,

With especial reference to the care and development of the body and mind.

Text Book: Martin's "Human Body." (Briefer Course.)

GYMNASTICS AND ATHLETICS.

It is the purpose of this general course, to give each student a practical knowledge of this work, that will enable him intelligently to direct a small gymnasium. A sufficient amount of theory will be given to insure the intelligent appreciation of the field. The prescription of exercise, Physical Diagnosis and kindred subjects will not be treated of, as experience has shown that a smattering in these lines is a dangerous thing. Each student will receive a physical examination, and work will be prescribed that will, as far as possible, put him in the best condition for study and future work.

Theory.—Elementary Anatomy, Physiology and Hygiene.

In connection with these subjects will be taken up the philosophy of the different gymnastic systems, and the theory of massage.

First Aid to Injured.

Lectures on History of Physical Education, Effect of body on the mind, Literature of Physical Education.

Measurements, how taken and used.

Purity, scientific basis and methods of work for its advancement.

Practice.—Calisthenics. Use of Developing Apparatus. Light Gymnastics, including dumb bells, wands, Indian clubs, etc.

Heavy Gymnastics, Vaulting, Horizontal and Parallel bars, Horse, Buck, etc.

Athletics, Walking, Running, Jumping, Throwing the Hammer, Putting the Shot, Pole Vaulting, Base Ball, Foot Ball, Lawn Tennis.

Class work especially adapted to the needs of the Young Men's Christian Associations, on all of the apparatus, will be committed by the student.

N. B. This general course in Gymnastics and Athletics is common to all, and should not be confused with the Department Course outlined on pages 19-24.

The need of a student to take any given studies must be decided by the instructors; but all are required to practice original composition, and extempore speaking.

The General Course of study is meant to be adapted to the average student. If any should find a part of the course needless because of previous studies and discipline, they will be expected to give themselves to a more thorough acquaintance with the remaining sections, and to pass an examination upon the entire course.

Each accepted student, who has not already done so, is urged to read carefully in advance of his coming, "The Student's Manual," by Rev. John Todd.

For graduation at the end of one year, see item on "Promotion and Graduation" on page 34.

SPECIAL LECTURE IN THE GENERAL COURSE.

September 24, 1889, Mr. D. L. Moody. Topic: "Some of the things which lead to Success in Christian Work."

THE YOUNG MEN'S CHRISTIAN ASSOCIATION TRAINING SCHOOL.

THE SECRETARIAL DEPARTMENT.

OBJECT: Training for the special duties of the General Secretaryship of the Young Men's Christian Association.

Department Course of Study.*

JUNIOR YEAR.

FIRST DIVISION—THE FIELD, OBJECTS AND HISTORY.

I.—The Field and its Limits.—(A) The work—why needed; (B) A definite work—for and by young men; (C) The work distinctively religious; (D) Relation to the Church.

II.—Summary of the Objects and Work.—(A) The means employed in cities; (B) The means employed in small towns.

III.—History of the Rise and Growth of the Institution.—(A) Origin of the present movement; Earlier attempts; Introduction into America and work prior to the Civil War; Army work; Resumption of home work; Development of the International work and its departments; Outgrowths of the work.

SECOND DIVISION—THE ORGANIZATION AND ITS HOME.

I.—Organization.—(A) When and how to organize; (B) Practical Hints.

II.—The Constitution.

III.—Branches and Sub-Organizations.

IV.—The Management.—(A) The directors; (B) The officers.

V.—Standing Committees.—(A) Importance, enlistment and composition; (B) How to organize, etc.; (C) Principles and methods of construction; (D) Names and duties.

* This is in addition to the whole of the General Course outlined on pages 10-13. See also schedule of Class Work by Departments on pp. 30-31.

VI.—Membership.—(A) Classes of membership; (B) How to secure members; (C) The membership committee; (D) How to retain members; (E) Miscellaneous.

VII.—Membership continued.—(A) The development of active members; (B) The associate membership and its relations; (C) The members' meeting, or reception.

VIII.—The General Secretary.—(A) The office and work; (B) The qualifications.

IX.—The General Secretary. His Relationships.—(A) To churches and pastors; (B) To officers, directors and committees; (C) To other employees; (D) To the members; (E) To the religious work; (F) To the business community; (G) To his fellow secretaries.

X.—The General Secretary. Personal Hints.—1, The beginner; 2, "Secretarialism;" 3, The press; 4, Correspondence; 5, The memorandum book; 6, Statistics; 7, Prominent visitors; 8, Growth; 9, Health; 10, Dress; 11, Conversation; 12, Economy; 13, The other sex; 14, Human nature; 15, Spiritual life; 16, System; 17, Finances; 18, Accepting a call.

XI.—Securing and Training Secretaries.—(A) Demand and supply; (B) Methods of training.

XII.—The Association Home.—(A) Tenure. Advantages of owning a building; (B) Location; (C) Arrangement; (D) Equipment.

XIII.—The Care of the Home.—(A) General principles; (B) Repairs; (C) Safety; (D) Order and cleanliness.

XIV—How to get a Building.—(A) Preparatory work; (B) Plan of a canvass; (C) Hints and cautions.

XV.—The Building Movement.—Its beginning and growth.

SENIOR YEAR.

THIRD DIVISION.—METHODS OF WORK.

I.—Current Finances.—(A) Ways and means; 1, Annual budget; 2, Sources of income; 3, Solicitation; (B) Collections and disbursements; (C) Financial bookkeeping.

II.—Real Estate and Endowment Funds.—(A) Incorporation; (B) Trustees; (C) Endowments; (D) Debt, taxes, etc.

III.—Records and Public Presentation of the Work.—[A) Records and statistics; (B) Anniversaries; (C) The parlor conference; (D) Printed matter.

IV.—Information and Relief.—(A) Boarding houses; (B) The employment bureau; (C) Visiting the sick; (D) Destitute young men.

V.—The Bible in Association Work.—(A) Individual study; Methods and helps. (B) Class study; 1, A Bible class indispensable; 2, Relation of the General Secretary; 3, Principal divisions; 4, Time, place and appliances; 5, The teacher; 6, The class; 7, The lesson; 8, Preparing the lesson; 9, Teaching the lesson; Hints on training classes. (C) Practical work with the unconverted; 1. Personal work—the enquirer, personal fitness of the worker, time, place and manner of approach, methods with the inquirer; 2, The Evangelistic Bible Class; 3, The Bible in the Evangelistic meeting—the scripture lesson, proof texts, Bible readings.

VI.—Religious Meetings, etc.—(A) The young men's meeting; (B) Other meetings at the rooms; (C) Religious work outside the rooms—work in public institutions, sermons to young men, distribution of religious reading matter, the invitation committee.

VII.—The Intellectual Department.—(A) Introduction; (B) The reading room; (C) The library; (D) Evening classes.

VIII.—The Social Department.—(A) The evening committee; (B) The social rooms; (C) Social entertainments.

IX.—The Physical Department.

X.—Work Among Boys.

XI.—Work Among Special Classes.—(A) College Students; (B) Railroad men; (C) Commercial travelers; (D) Foreign speaking young men; (E) Miscellaneous classes.

XII.—Women's Work for Young Men.

FOURTH DIVISION.—THE GENERAL WORK.

I.—District Work.

II.—State and Provincial Work.

III.—The International Work in North America.

IV.—The World's Committee and its Work.

Text-Book: "Hand book of the History, Organization and Methods of Work of Young Men's Christian Associations." This book was prepared especially for the use of this department.

Practice.

During the whole of the Junior Year, all students in this department are required to be members of the *Armory Hill* Association, which occupies rooms in the School building; to do regular practical work on one or more of its standing committees; and to attend all stated meetings of the committees to which appointed, and the regular sessions of the Training Class.

During the Senior Year, the same must be done in connection with the *Central* Association—unless the student is preparing especially for Railroad work, when he will be required to unite and work with the *Railroad* Association.

All are given practice in preparing monthly reports of committees, minutes of meetings, items for newspapers and bulletins, printer's copy, and proof reading; and are expected to attend each year at least two Association Conventions. The instructors decline to grant leave of absence to attend conventions other than those prescribed in the Department Course.

SPECIAL LECTURES AND CONFERENCES,

In the Secretarial Department, in 1889–90,

April 26, 1889.—Robert McCann, Traveling Secretary of Ireland. "Encouragements and discouragements in the Irish Work."

April 26.—E. Hofer, General Secretary, Zurich, Switzerland. "Association Work in German Switzerland."

April 27.—Robert Burn, General Secretary, Aldersgate Street, London. "Importance of Thoroughness in Preparation for the Secretaryship."

April 27.—Carl Fries, National Secretary of Sweden. "The Prospect of Association Work in Sweden."

September 22.—David McConaughy, Secretary of the International Committee for India. "The Claims of the Young Men of India upon the Young Men of America."

January 14, 1890.—E. Porter Dyer, Editor of *The Springfield Union.* "The Secretary's Relation to Newspapers and to Newspaper Men."

March 5–6.—D. C. Gilmore, Librarian Grand Central Department of the Railroad Branch, New York City, four lectures as follows:

1. The Association Library. Foundation of Modern Library Methods.
2. Classification, Care of Books, etc.
3. Official Lists, Charging Systems, etc.
4. Cataloguing.

April —Thomas K. Cree, Secretary of the International Committee. "Some of the Things to be Considered Before Accepting a Call."

THE YOUNG MEN'S CHRISTIAN ASSOCIATION TRAINING SCHOOL.

THE PHYSICAL DEPARTMENT.*

OBJECT: Training for the special duties of Physical Directors.

Course in Theory.†

JUNIOR YEAR.

FIRST TERM.

PHYSICS: Elementary Physics. *Balfour Stewart.*

PHYSIOLOGY: *Martin's* "Human Body." (Large Edition.)

Especial emphasis will be laid on those parts that are of the greatest value from the gymnastic standpoint. The fundamental principles of *Physical Education* and training, will be discussed in connection with the proper chapters. Theory of Massage will here receive attention. In connection with the study of the reproductive system, the physiological aspect of the personal purity problem will be discussed, including inquiries into the exact nature of the effects dependent on the violation of these laws.

SECOND TERM.

PHYSIOLOGY: Completed.

ANATOMY: *Gray.*

Osteology and myology principally, with especial reference to the mechanics of the body. Anatomy of the thorax and contained viscera are included.

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* The special circular of the Summer Session of this Department will be ready about March 1.

† See schedule of Class Work on pages 30-31.

THIRD TERM.

First Aid to the Injured: Handbook of First Aid, *Morton.*

Hygiene: Text Book of Hygiene, *Wilson,*
With especial reference to baths and bathing, clothing, diet, ventilation, temperature, etc.

Physical Department of the Young Men's Christian Association and its management.
Training Class: Methods of religious work.
Bible Class: Development and use of Committees.

The Gymnasium:
Its location, equipment, apparatus, repair of, etc.
Knotting and splicing.

Review and Examination.

SENIOR YEAR.

FIRST TERM.

Physiology: (Advanced,) *Foster.*

Theory of Training: *Maclaren.*

Massage: Massage as a Mode of Treatment, *Murrell.*

Psychology:

Especially with reference to the effects of the body on the mind. Attention will be given to the personal purity question from its mental aspect.

SECOND TERM.

Psychology: Completed.

History of Physical Education among Greeks, Germans, Swedes, and in England and America. Systematic Training of the Body, *Schaible*; Physical Education in American Colleges, *Hartwell.*

Literature of Physical Education:

The following books will be read by the student and discussed in the class room: How to Get Strong, *Blaikie*; Sound Bodies for Our Boys and Girls, *Blaikie*; Physical Education, *Maclaren;* Walker's Manly Exercise, "*Craven;*" Brawn and

Brain, *Aldridge;* Physical Culture for Home and School, *Dowd;* Health by Exercise, *Taylor;* Physical Exercises, *Wood;* Athletics and Football, *Shearman;* New Gymnastics for Men, Women end Children, *Lewis;* Education, *Spencer;* Indian Club Exercises, *Kehoe*; British Sports and Pastimes, *Trollope;* Gymnastics for the Fingers and Wrist, *Ward-Jackson;* Exercise and Training, Their Effect on Health, *Lee;* University Oars, *Morgan;* Physical Education, *Roth; Salzman's* Gymnastics for Youth; The Brawnville Papers, *Tyler;* Man, Moral and Physical, *Jones;* Physiology of Bodily Exercise, *Legrange.*

These papers and pamphlets will also be studied: Anthropometric Manual, Amherst College, *Hitchcock and Seeley;* The Physical Proportions of the Typical Man, *Sargent;* The Anatomy of the Contortionist, *Dwight;* Physical Training, *Sargent;* The Influence of Exercise on Health, *Richards;* The Physical Development of Women, *Sargent;* Effects of Military Drill on Boys, *Sargent;* Military Drill and Gymnastic Training in Physical Culture, *Hartwell;* Physiology of Exercise, *Hartwell.*

PHILOSOPHY of the Various Gymnastic Systems:
German, Swedish, Athletic, (English), Delsarte, Hitchcock, Sargent.

THIRD TERM.

ANTHROPOMETRY: How to take measurements, and methods for their tabulation and use. The construction and use of Anthropometric charts.

PHYSICAL EXAMINATION: Physical Diagnosis, *Page;* Differential Medical Diagnosis, *Cutler.*

In connection with this subject will be taken up those diseases, or their sequelae, which are to be met with in the examining room. Diseases of the spine, heart, lungs and nervous system particularly will be studied.

SPHYGMOGRAPHY: Practical and theoretical instruction will be given in the use of the sphygmograph in the examining room.

PRESCRIPTION of exercise for those diseased conditions and deformities that can be treated by gymnastics.
Use of measuring instruments, dynamometers.

REVIEW and EXAMINATION.

Course in Practice.

Believing that as far as possible a teacher should have a knowledge of the whole subject, and not merely of that part that he is to teach, the course in this department has been made as far as possible a complete one, thus of necessity including a good deal that the students may not be called on to use, but which will nevertheless give them valuable knowledge and training. It is important that a man who is to teach Cæsar, should have read more Latin than is contained in Cæsar, he should be familiar with the Latin language as a whole. Thus wrestleing and boxing are introduced into this course, not with the idea that our pupils are to teach these things, but because they are integral parts of the subject, and every one who wishes to master the field of gymnastics should know about them.

Although it is desired to give the students as wide a range of practice as possible, still it is deemed unwise to attempt any work of a hazardous nature.

Special attention will be given to the building up of the weak parts of the student, and the development of a strong, erect, symmetrical and graceful figure. Two hours a day will be given to practice throughout both years.

JUNIOR YEAR.

Calisthenics.

Use of Developing Apparatus:

Chest weight, floor and overhead pulleys, etc.

Light Gymnastics;

Dumb bells, Indian clubs, wands, push ball, etc.

Heavy Gymnastics:

Vaulting bar, horizontal bar, parallel bars, horse buck, etc.

Athletics:

The new athletic grounds covering five acres, will be when completed, among the best grounds in the country. A quarter-mile cinder running track, five tennis courts, two hundred and twenty-yard "straight away" cinder track, and grounds for base ball, foot ball, lacrosse, etc., will give a most excellent opportunity for out-door sports, which will be taken up during the fall and spring of each year. Running, walking, all kinds of jumping, pole vault, putting the shot, throwing the hammer, base ball, lacrosse, foot ball, lawn tennis, polo (on foot), will each receive attention.

Swimming:

Instruction will be given in the different styles of swimming, and also in methods of rescuing drowning persons. As soon as it is possible to secure the needed facilities, rowing, paddling canoes, sailing canoes, and the sailing of small boats, will be added to the course.

SENIOR YEAR.

Swedish Movement; Massage;

Use of Music in gymnastics; Delsarte Gymnastics, or the art of expression;

Boxing; Wrestling;

Fencing; Tumbling.

Athletics will be carried on as in the Junior year.

Pedagogy.

Attention will be given to the art of teaching. Each student will be given practice in the actual leading of classes.

Invention of Exercises;

Especial attention will be given to the construction of gymnastic drills to meet especial cases and classes. Each student will be required to prepare and submit such drills to the instructors.

Model Drills on all the main pieces of apparatus will be committed by the student before leaving the school, not that it is expected that he will always use such drills, for the conditions in different communities present different classes of men to the Physical Director, which must be met by exercises especially arranged to meet the peculiar conditions; but so that the student may have some serviceable matter on which to rely until he can himself take the time to prepare his own work to meet these local conditions.

During the Junior Year, all students of this department are required to be members of the *Armory Hill* Association, to do regular practical work on one of its standing committees; and to attend to all stated meetings of the committee to which appointed, and the regular sessions of the Training Class. During the Senior Year the same must be done in connection with the *Central* Association.

They will also be expected during the course to visit the large gymnasiums of either Boston or New York and that of either Harvard, Yale or

Amherst, and to attend the annual meeting of the American Association for the Advancement of Physical Education, unless held at too remote a locality; also to attend each year one State or International Convention of the Young Men's Christian Association.

The general course outlined on pages 10-12 has been modified for the students in this department. It includes Systematic Bible Truth. Evidences of Christianity, Christian Ethics, and the Brief Course in Association Work. It will thus allow three hours a day for department work, two for practice and *one* for theory. An average of three hours daily will be necessary in preparation for each recitation in theory. See schedule of Class Room Work on pages 30, 31.

One of the best libraries on physical education is placed at the service of the students of this department. There is thus afforded a most excellent opportunity for reading the best books that have been written on these subjects, It is thought that this is one of the most valuable features of the course.

The object of this department is not to train men in any special system of gymnastics, or Physical Education, but to give them a broad accurate knowledge of Gymnastics and Athletics in all of the main branches; the body, its laws; the mind and the relation of the body to it; of the history of Physical Education; of the philosophy of all the chief gymnastic systems; of Physical Diagnosis and the prescription of exercise; in fact, of all those studies that will assist in making original workers in this field. We have no especial theories to support, but endeavor to study with equal fairness and thoroughness the work of Jahn of Germany, Ling of Sweden, Delsarte of France, Maclaren of England, and the later productions of this country.

The graduates of this school, then, cannot be said to be the disciples of any school of gymnastics. It is hoped, however, that they will possess that scientific information and turn of mind that will enable them to recognize good wherever it may be found and to use it in the most judicious way. Owing to the greater and greater demands that are being made on those in this field, it has been found necessary largely to extend the course of study in this department, so that it shall include more of the higher, more philosophical studies. The greatest demand is for men of accurate scientific knowledge of this field, particularly along the line of the effect on the brain, of physical exercises. Thus Physiological Psychology has been included in this course.

TRAINING SCHOOL
FOR
SUNDAY-SCHOOL WORKERS AND PASTORS' HELPERS.

OBJECT: The training of young men for the duties of Sunday-school Missionaries and Superintendents, and Pastors' Helpers.

Department Course of Instruction.

JUNIOR YEAR.

First Term.

I. HISTORICAL AND THEORETICAL.

A. *Aim* and Scope of the Sunday-School.

B. *History*, including (1) Authority; (2) Origin; (3) Growth and Progress; (4) Union Work; (5) Denominational Work; (6) Its future.

C. *Plan.* 1. Church and School; (1) Their Relations; (2) Mission Schools; (3) Place; (4) Time and Finance; (5) Library.

2. Organization: (1) Constitution; (2) Officers and Committees; (3) Grades and Classes; (4) Management; (5) Home Department.

II. PRACTICAL AND NORMAL.

A. Bible; Books, characters, geography, constitution.

B. Lesson Study.

C. Frontier Work.

D. Methods of Teaching.

Second Term.

C. *Plan* (Continued).

3. Conventions: (1) Conferences; (2) Unions; (3) Institutes; (4) Local, District, County, State, International, Denominational, Conventions; (5) Assemblies; (6) Associations: State, County, Town and District.

*This is in addition to the whole of the General Course outlined on pages 10-13. See also schedule of Class Work by Departments on pp. 30, 31.

D. *Work.* I. Gathering in: (1) Canvassing; (2) Work by Children; (3) By Committees; (4) By Superintendents; (5) On the Frontier.

2. Order of exercises.

3. Officers: (1) Qualifications; (2) Duties.

4. Teachers: (1) Qualifications; (2) Duties; (3) Selection and Removal; (4) Preparation; (5) Week-day Work; (6) Before the Class; (7) Personal Work.

Third Term.

5. Matter to teach: (1) International Lesson; (2) Supplemental Lesson; (3) Music; (4) Prayer; (5) Benevolence; (6) Reviews.

6. Concerts, Picnics, Excursions, Fairs, Prizes, Mottoes, Festivals, Socials, Receptions, Vacations, Anniversaries, Addresses, Roll of Honor, Rewards.

E. 1. Young People's Society of Christian Endeavor: (1) Relation to Sunday-school and Church; (2) Organization and Methods; (3) Needs and Benefits; (4) Reports; (5) Committees; (6) Conventions.

2. Epworth League: (1) Object and History; (2) Constitution; (3) Organization and Management; (4) Junior Leagues; (5) Reading Courses.

II. Practical and Normal (Continued).

Second Term.

E. Teachers' Meetings.
F. Blackboard Teaching.

Third Term.

G. Object Teaching.
H. Supplemental Lessons.
I. Normal Methods.

SENIOR YEAR.

First Term.

I. Historical and Theoretical.

E. Young People's Society of Christian Endeavor (Continued).
F. History of Education.
G. Study of Child Mind.
H. Lives of Eminent Teachers.
I. Principles of Teaching.

II. Practical and Normal.

J. Prayer Meetings: Boys', Children's, Young Men's, Young Women's, Teachers', Mother's, Missionary, Temperance, Consecration, Cottage.
K. Praise Meetings.
L. Reports.

Second Term.

I. Historical and Theoretical (Concluded).

J. The Church: (1) Organization; (2) Management; (3) Officers.
K. Pastor's Helper: (1) Place; (2) Duties; (3) Qualifications.
L. Pastoral Work.
M. Mission Work.

Third Term.

N. Training Classes.
O. Committee Work.
P. Printed Matter.

II. Practical and Normal (Concluded).

Second Term.	*Third Term.*
M. Gospel Meetings.	O. Training Classes.
N. Bible Readings.	P. Records and Reports.
	Q. Printing.

Text Books: The Young Teacher, Groser; Teaching and Teachers, Trumbull; Seven Laws of Teaching, Gregory; The Sunday-School Library, Dunning; The Life of Robert Raikes, Lloyd; Normal Outlines, Hurlburt; Outline Study of Man, Hopkins.

N. B. Each student in this School is expected to connect himself, if possible, with a Sunday-School of his own denomination in this city, and work in it.

N. B. The special aim of this Training School is to combine, for the best practical results, the Theory and Drill of the course with the Actual Work done outside, under the inspection and counsel of the Instructor who is, at the same time, Superintendent of one of the largest Sunday-Schools in New England.

SPECIAL LECTURES.

IN THE TRAINING SCHOOL FOR S. S. WORKERS AND PASTORS' HELPERS.

1. "Methods of Sunday-School Work on the Frontier."
   Rev. Geo. H. Griffin, Secretary of the New England branch of the American Sunday-School Union.
2. "Qualifications for Christian Workers."
   Rev. J. L. Hurlbut, D. D., Secretary Methodist Episcopal Sunday-School Union.
3. "City Evangelization."
   Rev. A. G. Lawson, D. D., Secretary of the "Baptist Social Union," Boston, Mass.
4. "Work of the Salaried Superintendent."
   Dea. John Wiard, Superintendent South Congregational Church, New Britain, Conn.
5. "Conventions, Conferences, Associations."
   Mr. W. H. Hall, Secretary of the Connecticut Sunday-School Association and Member of the International Sunday-School Committee.
6. "Work of the Sunday-School Missionary."
   Mr. E. B. Stevenson, Assistant Superintendent of the North West District of the American Sunday-School Union. Rev. W. B. D. Gray, Missionary of the Congregational Sunday-School and Publishing Society.
7. "Office and Duties of the Pastor's Helper."
   Mr. H. J. Gillett, Helper to the Pastors in the Fourth Congregational Church, Hartford, Conn. Mr. W. H. Swallow, Helper in the State Street Baptist Church, Springfield, Mass.
8. Rev. Graham Taylor, D. D., Hartford, Conn.
   (Subject to be announced).
9. Rev. A. E. Winship, Boston, Mass., Editor "Journal of Education:"
   "Essentials for Successful Christian Work."
10. "Poverty and Pauperism and their Treatment. (3 lectures).
    Mr. Chas. D. Kellogg, of the Charity Organization Society, New York, N. Y.

SCHEDULE OF CLASS WORK BY DEPARTMENTS.

(LIABLE TO CHANGE.)

JUNIORS.

		SECRETARIAL DEPARTMENT.	*PHYSICAL DEPARTMENT.*	*SUNDAY SCHOOL DEPARTMENT.*
MONDAY.	9.30 a. m	Physiology.	Department Theory.	Physiology.
	10.30 "	Rhetoric.		Rhetoric.
	2.00 p. m.	Vocal Music.		Vocal Music.
	3.00 "		Department Practice.	
	4.00 "	Bible History.		Bible History.
	8.30 "		Department Practice.	
TUESDAY.	9.30 a. m.		Department Theory.	
	10.30 "	Rhetoric.		Rhetoric.
	2.00 p. m.	Systematic Bible Truth.	Systematic Bible Truth.	Systematic Bible Truth.
	3.00 "		Department Practice.	
	4.00 "	Bible History.		Bible History.
	7.30 "	Junior Training Class.	Junior Training Class.	Junior Training Class.
WEDNESDAY.	9.30 a. m.		Department Theory.	
	10.30 "	Department Work.		Department Work.
	2 00 p. m.	Systematic Bible Truth	Systematic Bible Truth.	Systematic Bible Truth.
	3.00 "		Department Practice.	
	4 00 "	Bible History.	Y. M. C. A. Work.	Bible History.
	8.30 "		Department Practice.	
THURSDAY.	9.30 a. m.		Department Theory.	
	10.30 "	Department Work.		Department Work.
	2.00 p. m.	Systematic Bible Truth.	Systematic Bible Truth.	Systematic Bible Truth.
	3.00 "		Department Practice.	
	4.00 "		Y. M. C. A. Work.	
FRIDAY.	9.30 a. m.		Department Theory.	
	10.30 "	Department Work.		Department Work.
	2.00 p. m.	Vocal Music.		Vocal Music.
	3.00 "			
	4.00 "	P. M. T. and L. S.	P. M. T. and L. S.	P. M. T. and L. S.
	8.30 "		Department Practice.	

All students are required to attend daily prayers at 5 p. m., to practice daily in the Physical Department at 11.45 a. m., and to furnish original compositions once in three weeks.

SCHEDULE OF CLASS WORK BY DEPARTMENTS.

(LIABLE TO CHANGE.)

SENIORS.

		SECRETARIAL DEPARTMENT.	*PHYSICAL DEPARTMENT.*	*SUNDAY SCHOOL DEPARTMENT.*
MONDAY.	8.30 a. m.		Department Theory.	
	9.30 "			
	10.30 "	Department Work.	Department Practice.	Department Work.
	2.00 p. m.			
	3.00 "	Church History.		Church History.
	4.00 "	Vocal Music.	Department Practice.	Vocal Music.
TUESDAY.	8.30 a. m.		Department Theory.	
	9.30 "			
	10.30 "	Department work.	Department Practice.	Department Work.
	2.00 p. m.	Physiology.		Physiology.
	3.00 "	Exegesis.		Exegesis.
	4.00 "		Department Practice.	
	7.30 "	Senior Training Class.	Senior Training Class.	Senior Training Class.
WEDNESDAY.	8.30 a. m.		Department Theory.	
	9.30 "	Systematic Bible Truth.	Systematic Bible Truth.	Systematic Bible Truth.
	10.30 "		Department Practice.	
	2.00 p. m.			
	3.00 "	Exegesis.		Exegesis.
	4.00 "	Rules for Delib. Bodies.	Department Practice.	Rules for Delib. Bodies.
THURSDAY.	8.30 a. m.		Department Theory.	
	9.30 "	Systematic Bible Truth.	Systematic Bible Truth.	Systematic Bible Truth.
	10.30 "		Department Practice.	
	2.00 p. m.			
	3.00 "	Exegesis.		Exegesis
	4.00 "	Church History.	Department Practice.	Church History.
FRIDAY.	8.30 a. m.		Department Theory.	
	9.30 "	Systematic Bible Truth.	Systematic Bible Truth.	Systematic Bible Truth.
	10.30 "		Department Practice.	
	2.00 p. m.			
	3.00 "	Church History.	Department Practice.	Church History.
	4.00 "	) Prayer Meeting Talks) and Literary Societies.	P. M. T. and L. S.	P. M. T. and L. S.

All students are required to attend daily prayers at 5 p. m., to practice daily in the Physical Department at 11.45 a. m., and to furnish original compositions once in three weeks.

TERMS OF ADMISSION, ETC.

The School for Christian Workers is open only to Christian young men, over eighteen years of age, who *have already shown ability* in the direction of the work for which they wish to prepare.

Each applicant for admission shall give evidence of having had at least a fair English education. If a graduate of a college or high school, he shall, upon entering, show his certificate of graduation; if not, he must before he can be accepted, pass a brief preliminary examination. Particulars of this will be sent upon the return of the application blank.

Business experience is *very desirable.*

Each applicant shall be a member in good standing of an evangelical church, and if admitted shall bring a certificate to this effect and unite with some church of his choice in this city.

Each applicant shall fill out and return "Confidential blank, No. 1," giving at least two references as to character and qualifications. With this returned blank, in order to defray the expense of investigation, must be enclosed, if in the United States, twenty cents in postage stamps; if from Canada, twenty-four cents in Canadian stamps; and if from other Postal Union countries, the equivalent of forty cents in the stamps of the country from which the application comes. Several weeks are sometimes required in making a thorough investigation, hence the desirability of making application as early as possible. Only after satisfactory reports are received concerning him, can any student be admitted to the School.

The School year begins with the first Wednesday in September. Students who enter for one year, or the course, will not be admitted after the last of October. Those who can enter for a few months only, are admitted at any time; but nothing aside from the regular work is promised to such. It will be greatly to the advantage of all to enter at the *beginning* of the year.

Too much emphasis cannot be laid upon the importance of taking *the entire course*, wherever it is possible.

Each shall give at least one week's notice if for any reason he wishes to leave the School before the end of the year.

Each is received upon probation; and when it becomes clearly evident that the pre-requisites for success are wanting, he will no longer be retained in the School.

It should be distinctly understood that neither the School nor its instructors agree to find places for students upon their leaving.

ESTIMATE OF EXPENSES.

FOR THE SCHOOL YEAR OF FORTY WEEKS.

The following *estimate* of expenses is based upon the experience of 1889-90:

Table board,	from	$130	to $140
Furnished room, *in Building*, with light and heat,	"	40	40
Tuition, (there are no *extras*),	"	50	50
Gymnasium dress,	"	4	" 6
Washing, about	"	12	" 16
Text and Note Books,*	"	12	" 20
Attendance upon Conventions,	"	14	" 18
		$262	$290

THE ABOVE ESTIMATE COVERS ONLY THE ITEMS SPECIFIED, AND NOT OTHER NECESSARY INCIDENTALS WHICH EACH MUST CALCULATE FOR HIMSELF.

The expenses of transients vary from $6.00 to $7.00 per week.

Only forty-four students can be lodged in the present building, and rooms are assigned as the students are accepted; rooms so assigned, unless by special engagement, will not be held more than one day after the opening of the term. Furnished rooms outside the building cost from $1.25 to $2.00 per week; table board, from $3.25 to $4.00 per week.

Tuition is payable *promptly* on the last Mondays in September and January, one-half at each payment. Room rent, on last Monday in each month. No reduction of rent will be made to a student who engages a room and fails to appear at the specified time, nor to one who vacates his room less than a month before the close of the School. Rent stops only when the room is vacated and the key delivered to the janitor. A deposit of twenty-five cents will be required for each key to the entrance of the Gymnasium.

Students will save themselves trouble and expense by bringing exchange on New York and Boston banks rather than local checks.

A limited number of students who have not sufficient means, can work at printing and at machine work in wood and iron in connection with the Christian Industrial and Technical School, which is in the immedi-

*In the Physical Department the books will cost from $20 to $35.

ate vicinity, and earn enough to defray a part of their expenses. The amount earned will, of course depend entirely upon their skill in these lines, but beginners will be able to earn something. It is hoped by this arrangement that the entire course of study may be covered, though the time required will necessarily be extended to three or four years.

ROOMS.

Each student lodging in the building will care for his own room, which must be kept scrupulously clean. *He will be expected to provide sheets, pillow and bolster slips, towels and soap.* Beds are all single, 3 feet in width; pillows, 18 x 26 inches; bolsters, 18 x 36 inches. Rooms are liable to weekly inspection.

PROMOTION AND GRADUATION.

A student desiring to enter upon the regular Senior course, must first pass the examinations of the Junior course and be recommended for promotion by the superintendent of the special department to which he belongs.

A student who completes the general and either of the department courses, or an equivalent (passing seventy per cent. in his examinations upon the whole) and is recommended for graduation by the superintendent of the special department to which he belongs, will receive a diploma.

A student in either department, who shall be able, at the expiration of one school year, to pass a satisfactory examination on the entire course prescribed for that department (see schedule on pages 30, 31) shall be entitled to a diploma.

One who does not complete the course, can have a certificate setting forth the amount and character of the work done by him, if he desires it, by application to the Recording Secretary.

LOCATION.

Springfield is the metropolis of Western Massachusetts. It has about forty thousand inhabitants, while it is the rival in wealth and commercial influence of cities many times greater, and its manufactures are famed the world over.

It is a railroad center easily accessible from every direction. Lying on the great thoroughfares from Boston to New York, from Boston to Albany and the West, from Montreal to New York, and in the midst of a densely populated manufacturing region, more than a hundred passenger trains daily bring in or bear away their living freight.

Springfield is in one of the most delightful parts of the charming Connecticut valley. Itself beautiful for its public edifices and private dwellings, its streets, parks, lawns and trees—it is a beautiful gem in a more beautiful setting.

It combines the advantages of the city and the country. It has a public library now numbering 80,000 volumes, in a building which would be an honor to any city. Its common and high schools are seldom surpassed. It has a large population of active Christians who worship in edifices, some of which have a national reputation for architectural beauty. There is a degree of intellectual, social, moral and religious earnestness which is seldom found except in the great centers of population.

The site of the building for The School for Christian Workers is in The Highlands, in a part of the city which is attracting much attention for its healthfulness. It is near the head of State Street, a broad and beautiful avenue, and has the combined advantages of easy access to the center of the city with its privileges, and of nearness to the open country. The friends of the School think that no better place could have been chosen for such an institution.

The Armory Hill horse cars (with *yellow* dash-boards) pass the Union Station, running directly to the School, corner State and Sherman streets.

FOR GENERAL INFORMATION

Concerning the School or its finances, apply to O. C. Morse, Corresponding Secretary, School for Christian Workers, Springfield, Mass.

FOR SPECIAL INFORMATION

Concerning the work of the departments, address as follows, at Springfield, Mass.:

Y. M. C. A. TRAINING SCHOOL,

Secretarial Department.—J. T. Bowne, 35 Clarendon Street.
Physical Department.—Luther Gulick, M. D., 56 Dartmouth Street.

TRAINING SCHOOL FOR S. S. WORKERS,

Rev. E. P. Armstrong, 60 Sherman Street.

CONTRIBUTIONS.

Inquiries concerning the finances will receive immediate attention if addressed to O. C. MORSE, Corresponding Secretary, School for Christian Workers; and remittances may be made to him payable to the order of the Treasurer, CHARLES MARSH, Cashier Pynchon National Bank, Springfield.

FORM OF BEQUEST.

I give and bequeath to The School for Christian Workers, in Springfield Mass., the sum of dollars.*

BEQUEST FOR ENDOWMENT.

I give and bequeath to The School for Christian Workers, in Springfield, Massachusetts, the sum of , to be safely invested by them and called the Fund. The Interest of this fund to be applied to the use of the School.*

PERPETUAL LOAN FUND.

For the purpose of founding a perpetual loan fund in The School for Christian Workers (or either of its special schools, if so stated), I hereby give the sum of four thousand dollars—or its equivalent in good securities at cash value—to be safely invested by them, the income to be loaned toward the education of students who have already shown ability in the School.

*Or the testator may specify, towards the current expenses; or towards the support of a chair of instruction in the general course, or in either of the special schools; or, to be used as a loan towards the education of students who have shown ability in either of the special schools.

PROPOSED EXTENSION OF THE CHRISTIAN WORKERS' BUILDING.

C
Sp 841H
1890/91

The experience of the past six years and the greatly increased facilities in prospect promise to make the work of the seventh year the most successful since the school was founded.

THE LAKE FROM THE NEW GROUNDS.

The Trustees have just purchased about thirty acres of land lying immediately in the city, furnishing abundant room for all the buildings which the school can ever require. Seven acres have been already laid out as Athletic Grounds, including running tracks, tennis courts, and ball fields. The grounds are well wooded, with a pleasing variety of scenery, a portion bordering upon a beautiful lake over two miles in length which will furnish unexcelled facilities for swimming, etc.

During the past year the Associations of Springfield have consolidated on the metropolitan plan and will offer added advantages for practical work.

1890-91.

SIXTH CATALOGUE

OF THE

INTERNATIONAL

YOUNG MEN'S CHRISTIAN ASSOCIATION

TRAINING SCHOOL,

SPRINGFIELD, MASSACHUSETTS.

WITH PROSPECTUS FOR 1891-92.

MAY, 1891.

PRESS OF
SPRINGFIELD PRINTING AND BINDING COMPANY.
1891.

Established as a Department of The School for Christian Workers in 1885, *as The Young Men's Christian Association Training School in* 1887, *and separately incorporated under this name in* 1890. *Name changed in* 1891 *to International Young Men's Christian Association Training School.*

THE DESIGN OF THE SCHOOL:

To train young men as Secretaries, Physical Directors, or other officers of Young Men's Christian Associations.

CALENDAR.

Commencement Exercises and Annual Meeting of the Corporation and Board of Trustees, Wednesday, June 10, 1891.

Quarterly Meetings of the Trustees on the third Wednesdays of March, September, and December.

FIFTH SUMMER COURSE, 1891.

Begins Sunday afternoon, August 2, 1891.
Closes Saturday morning, August 29, 1891.

SEVENTH REGULAR SCHOOL YEAR, 1891–92.

FALL TERM	Begins Wednesday afternoon, September 2, 1891. Ends Friday evening, December 18, 1891.
	WINTER VACATION.
WINTER TERM	Begins Monday morning, January 4, 1892. Ends Friday evening, March 25, 1892.
	SPRING VACATION.
SPRING TERM	Begins Tuesday morning, April 5, 1892. Commencement Exercises, Wednesday evening, June 8, 1892.

CORRESPONDENCE COURSE.

Students may enter at any time; but correspondence concerning studies will be conducted only between the first Wednesday of September and the second Wednesday of June.

The Calendar is subject to change.

CORPORATION.

The names of Trustees are italicized.

Australia, N. S. W., Sydney, David Walker.
" Vict., Melbourne, H. A. Wilcox.
France, Paris, E. Buscarlet.
Germany, Berlin, Count Andreas Bernstorff.
Great Britain.*
India, Madras, W. Rierson Arbuthnot.
" " David McConaughy, Jr.
Japan, Tokyo, John T. Swift.
Sweden, Carlskrona, Baron Edward Barnekow.
Switzerland, Geneva, Rev. Gustave Tophel.
British Columbia, Victoria, F. W. Teague.
Manitoba, Winnipeg, C. M. Copeland.
" " R. J. Whitla.
Nova Scotia, Halifax, E. W. Gorton.
Ontario, Toronto, Thos. S. Cole.
" " Robert Kilgour.
Quebec, Montreal, *D. A. Budge.*
" " D. W. Ross.
Ala., Birmingham, Joseph Hardie.
" Marion, C. W. Lovelace.
Ark., Little Rock, Col. Logan H. Roots.
Cal., San Francisco, H. J. McCoy.
Colo., Denver, Alfred W. Chamberlin.
" " *H. B. Chamberlin.*
" " Donald Fletcher.
Conn., Bridgeport, W. E. Colley.
" Hartford, *Chas. A. Jewell.*
" Meriden, W. A. Kelsey.
" Southport, Elbert B. Munroe.
Ga., Atlanta, *W. Woods White.*
Ill., Chicago, *I. E. Brown.*
Ind., Indianapolis, Dr. L. H. Dunning.
" Richmond, Albert G. Shepard.
Ia., Des Moines, W. A. Magee.
" " E. D. Sampson.
Kan., Topeka, R. B. Gemmell.
Ky., Louisville, J. L. Wheat.
Me., Portland, T. E. McDonald.
Md., Baltimore, W. H. Morriss.
Mass., Boston, R. M. Armstrong.
" " Jas. L. Gordon.
" " *Chas. A. Hopkins.*
" " *H. M. Moore.*
" Cambridge, O. H. Durrell.
" Campello, *Preston B. Keith.*
" Fitchburg, Hon. Frederick Fosdick.
" Manchester, *Russell Sturgis.*
" Springfield, *Dr. W. F. Andrews.*
" " *Chas. H. Barrows.*
" " *H. H. Bowman.*
" " J. T. Bowne.
" " *E. Porter Dyer.*
" " Luther Gulick, M.D.
" " Charles Marsh.
" " Arthur G. Merriam.
" " *Oliver C. Morse.*
" " *Rev. David Allen Reed.*
Mich., Detroit, H G. Van Tuyl.
Minn., Minneapolis, *C. E. Dyer.*
" " John H. Elliott.
" St. Paul, *Thomas Cochran.*
" " T. A. Hildreth.
Mo., Kansas City, Witten McDonald.
" St. Louis, Geo. T. Coxhead.
Mo., St. Louis, Frank L. Johnston.
Neb., Omaha, J. C. Denise, M.D.
" Yutan, Robert Weidensall.
N. H., Concord, Allen Folger.
" " E. A. Lawrence.
N. J., Camden, W. A. Bowen.
" Newark, Aaron Carter, Jr.
" " H. A. Cozzens.
" " Elkanah Drake.
" New Brunswick, *Frank L. Janeway.*
" Orange, *D. F. More.*
" Plainfield, *W. D. Murray.*
" Summit, *Chas. P. Grant.*
N. Y., Addison, *Burton G. Winton.*
" Brooklyn, *F. B. Schenck.*
" " *Edwin F. See.*
" Buffalo, *S. M. Clement, Jr.*
" " John B. Squire.
" New York, Fred'k A. Booth.
" " *Cephas Brainerd.*
" " Thos. K. Cree.
" " C. C. Cuyler.
" " *Cleveland H. Dodge.*
" " Geo. A. Hall.
" " *R. R. McBurney.*
" " *Richard C. Morse.*
" " J. Gardner Smith, M.D.
" " Erskine Uhl.
" " *Henry H. Webster.*†
" " A. J. D. Wedemeyer.
" " *Benj. C. Wetmore.*
" " J. C. Wilson.
" " L. D. Wishard.
" Troy, *L. E. Gurley.*
N. C., Charlotte, L. A. Coulter.
" Davidson College, Pr f. H. L. Smith.
Ohio, Cincinnati, H. P. Lloyd.
" " H. Thane Miller.
Ore., Portland, Noel H. Jacks.
Penn., Berwick, C. H. Zehnder.
" Erie, C. W. Davenport.
" Philadelphia, John H. Converse.
" " *Thos. De Witt Cuyler.*
" Pittsburgh, *S. P. Harbison.*
" Scranton, H. M. Boies.
R. I., Peacedale, *R. G. Hazard, 2d.*
" Providence, H. S. Conant.
S. C., Charleston, A. T. Jamison.
" Columbia, A. T. Smythe.
Tenn., Chattanooga, J. B. Milligan.
" Knoxville, James H. Cowan.
" Nashville, James Bowron.
" " J. B. O'Bryan.
Texas, Dallas, A. F. Hardie.
" Fort Worth, Wm. C. Winthrop.
Vt., Brattleboro, Col. J. J. Estey.
" Burlington, W. J. Van Patten.
" Montpelier, A. J. Howe.
" St. Johnsbury, Col. Franklin Fairbanks.
Va., Richmond, Joseph Bryan.
Wash., Seattle, E. C. Kilbourne.
" Spokane, Walter Hughson.
Wis., Milwaukee, Geo. J. Rogers.

*To be filled. Corporators elected declined. †Deceased.

OFFICERS.

President,
Rev. DAVID ALLEN REED.

Vice-President,
H. B. CHAMBERLIN.

SECRETARY AND TREASURER, *pro tem.*,
OLIVER C. MORSE.

EXECUTIVE COMMITTEE:

R. C. Morse, R. R. McBurney, C. H. Barrows,
E. F. See, Dr. W. F. Andrews, H. H. Bowman,
with officers, *ex officio*.

AUDITOR:
H. H. Bowman.

THE CONTROL.

The control of this school is vested in the Trustees, of whom six, with the officers *ex officio*, constitute an Executive Committee.

The Trustees are chosen by the Corporation, a majority of whom are to be nominated by the International Convention of Young Men's Christian Associations. The instructors are appointed by the Trustees.

STUDENTS, 1890–91.

SECRETARIAL DEPARTMENT.

SENIORS.

Baldwin, Harry Anderson,	New Albany, Ind.
Corbett, David Watson,	Montreal, Que.
Cowles, George Burr,	New Britain, Conn.
Fison, Herbert William,	Peacedale, R. I.
Fitch, Fred Clyde,	Keene, N. H.
Fleming, George,	San Diego, Cal.
Lunbeck, Arthur Wilbur,	Warrensburg, Mo.
McKee, William Charles,	Wheeling, W. Va.
Medd, Henry,	Brooklyn, N. Y.
Ropes, James Miller, Jr.,	Salem, Mass.
Smith, John Peter,	Sioux City, Iowa.
Winslow, George Henry,	Gilbertville, Mass.

JUNIORS.

Bard, Almon Winter,	Brazil, Ind.
Carey, Wilbert Franklin,	Williamsport, Pa.
Davis, William Henry,	Holyoke, Mass.
Dick, John M.,	Yonkers, N. Y.
Francis, Ebenezer,	Upper Stewiacke, N. S.
Henderson, John Grant,	Hamilton, Ont.
Ishikawa, Samuern Sadakni,	Tokio, Japan.
Kingsbury, Charles Henry,	South Killingly, Conn.
Libby, Eugene Samuel,	Redlands, Cal.
Patton, Thomas Duncan,	Montreal, Que.
Shutts, George Liberty,	Springfield, Mass.
Spence, Donald MacKay,	Nashua, N. H.
Vinson, James,	Baltimore, Md.
Weller, George Radford,	Yonkers, N. Y.

PHYSICAL DEPARTMENT.

SENIORS.

Ball, William Henry, Jr.,	Yonkers, N. Y.
Barton, William Henry,	Waltham, Mass.
Garland, Albert Ellsworth,	Buffalo, N. Y.
Halsted, Alfred Thompson,	Paterson, N. J.
Keller, William Johnson,	Springfield, Mass.
Merwin, Milton Knapp,	Utica, N. Y.
Ninde, William Edward,	Rome, N. Y.

JUNIORS.

Black, Walter Orlando,	Grand Ridge, Ill.
Bond, Thomas Parsons,	Cassopolis, Mich.
Driver, James Kemp,	Galesburg, Ill.
Exner, Max Joseph,	Seattle, Washington.
Finch, George Hardy,	Peoria, Ill.
Foss, Peter Lenord,	Kalamazoo, Mich.
Macartney, John William,	Springfield, Mass.
Syrett, Edgar Charles,	Springfield, Mass.
Van Leuven, Byron,	San Bernardino, Cal.

ONE YEAR'S COURSE.

Berry, Walter Durant,	Worcester, Mass.
Naismith, James,	Almonte, Ontario.
Stockwell, Albert Pike,	Aurora, Ill.
Stagg, Amos Alonzo,	West Orange, N. J.

GENERAL COURSE.

INSTRUCTORS.

Rev. D. A. Reed,	734 State Street,
O. C. Morse,	219 Florida Street,

Systematic Bible Truth and Ethics.

Rev. T. H. Hawks, D.D., 626 Worthington Street,

Bible History, Exegesis, and Church History.

Rev. S. L. Merrell, 144 Buckingham Street,

Rhetoric and Logic.

Rev. E. P. Armstrong, 60 Sherman Street,

Vocal Music.

The General Course of instruction is largely common to the students of both departments.* It covers two years, and includes the following topics: —

Bible History and Exegesis.
The History of Evangelical Christianity.
Christian Evidences.
Old and New Testament Canon.
Fundamental Doctrines of the Bible.
Books of the Bible.
Christian Ethics.
Outline Study of Man.
Practical Methods of Christian Work.
Rules for Deliberative Bodies.
Rhetoric and Logic.
Vocal Music.

*See Schedule on pages 26-27.

OUTLINE OF THE GENERAL COURSE.

BIBLE HISTORY AND EXEGESIS.

Junior Year.

Biblical History (O. T.).
The Life of Christ.
Biblical Geography and Chronology.

Senior Year.

History of the Apostolic Church.
Biblical Geography and Chronology (Continued).
History of Evangelical Christianity: An outline presentation of its progress down to the present time, prominence being given to missions and the development of doctrine.
New Testament Exegesis: Selections from Gospels and Epistles.
Old Testament Exegesis: Selections from Psalms and Prophets.
English Versions.
Introduction.

Text-books: Dr. Smith's Old and New Testament Histories (Harper's Student Series), Fisher's History of the Christian Church; Robinson's English Harmony of the Gospels.

EVIDENCES, CANON, DOCTRINES, BOOKS, ETHICS.

Junior Year.

Outline Study of the Evidences of Christianity; The Divine and Human Authorship of the Bible, including the Inspiration, Genuineness, and Canonicity of the Scriptures; and the Fundamental Doctrines held in common by evangelical denominations.

Study of the books of the Bible, with reference to the following topics: (1) The great divisions of each book; (2) the great historical facts; (3)the great religious facts; (4) the great characters; (5) the great types and their development in the other books; (6) the great prophecies and promises, and their fulfillment; (7) practical lessons. Special attention will be paid, all through this course, to the great doctrines previously studied in outline, as they are developed in each book.

Senior Year.

Study of the books of the Bible (Continued). Christian Ethics, or the Scripture teaching concerning the duties of man as a free moral agent.

OUTLINE STUDY OF MAN.

Senior Year.

Text-book: Dr. Mark Hopkins' Outline Study of Man.

METHODS OF CHRISTIAN WORK,

under the following heads, receive special attention *throughout the entire course:* The Prayer Meeting and its Methods; How to Study and Use the Bible; How to deal with Inquirers; The Workers' Training Class; The Literary Society.

RHETORIC AND LOGIC.

Rhetoric is taught during the Junior and Logic during the Senior year. Written compositions are required of all once in three weeks during the entire course. Practice in extempore speaking required by all.

Text-book in Rhetoric: A Manual of Composition and Rhetoric by Jno. S. Hart, LL.D. (Eldridge & Bro., Philadelphia).

RULES FOR DELIBERATIVE BODIES.

Taught in connection with the literary societies. *Manual*, Roberts "Rules of Order."

VOCAL MUSIC

is taught in the Junior year to prepare the student to lead in devotional singing.

INTERNATIONAL

YOUNG MEN'S CHRISTIAN ASSOCIATION

TRAINING SCHOOL,

SPRINGFIELD, MASS., U. S. A.

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SIXTH CATALOGUE
1890-91.

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SECRETARIAL DEPARTMENT.

Object: Training for the special duties of the General Secretaryship.

DEPARTMENT INSTRUCTORS.

J. T. Bowne, Superintendent, 35 Clarendon Street.
F. W. Meyer, 998 State Street.

DEPARTMENT COURSE OF STUDY*

FIRST DIVISION—The Field, Objects, and History.

I. The Field and Its Limits:
(A) The Work—why needed; (B) A Definite Work—for and by young men; (C) The Work Distinctively Religious; (D) Relation to the Church; (E) Relation to Other Religious Societies.

II. Summary of the Objects and Work:
(A) The Means Employed in Cities; (B) The Means employed in Small Towns.

III. History of the Rise and Growth of the Institution:
Origin of the Present Movement; Earlier Attempts; Introduction into America and Work Prior to the Civil War; Army Work; Resumption of Home Work; Development of the International Work and its Departments; Outgrowths of the Work.

SECOND DIVISION—The Organization and its Home.

I. Organization:
(A) When and How to Organize; (B) Practical Hints.

II. The Constitution.

III. Branches and Sub-Organizations.

IV. The Management:
(A) The Directors; (B) The Officers.

*This is in addition to the whole of the General Course outlined on pages 8-10 and covers two years. See also Schedule of Class Work by departments on pages 26-27.

V. Standing Committees:

(A) Importance, Enlistment, and Composition; (B) How to Organize, etc.; (C) Principles and Methods of Construction; (D) Names and Duties.

VI. Membership:

(A) Classes of Membership; (B) How to Secure Members; (C) The Membership Committee; (D) How to Retain Members; (E) Miscellaneous.

VII. Membership Continued:

(A) The Development of Active Members; (B) The Associate Membership and its Relations; (C) The Members' Meeting, or Reception.

VIII. The General Secretary:

(A) The Office and Work; (B) The Qualifications.

IX. The General Secretary—His Relationships:

(A) To Churches and Pastors; (B) To Officers, Directors, and Committees; (C) To Other Employees; (D) To the Members; (E) To the Religious Work; (F) To the Business Community; (G) To his Fellow Secretaries.

X. The General Secretary—Personal Hints:

1, The Beginner; 2, "Secretarialism"; 3, The Press; 4, Correspondence; 5, The Memorandum Book; 6, Statistics; 7, Prominent Visitors; 8, Growth; 9, Health; 10, Dress; 11, Conversation; 12, Economy; 13, The Other Sex; 14, Human Nature; 15, Spiritual Life; 16, System; 17, Finances; 18, Accepting a Call.

XI. Securing and Training Secretaries:

(A) Demand and Supply; (B) Methods of Training—(1) conferences; (2) institutes, (3) apprenticeship, (4) training schools.

XII. The Association Home:

(A) Advantages of Owning a Building; (B) Location; (C) Arrangement; (D) Equipment.

XIII. The Care of the Home:

(A) General Principles; (B) Repairs; (C) Safety; (D) Order and Cleanliness.

XIV. How to get a Building:

(A) Preparatory Work; (B) Plan of a Canvass; (C) Hints and Cautions.

XV. The Building Movement:

Its Beginning and Growth.

THIRD DIVISION—Methods of Work.*

I. Current Finances:

(A) Ways and Means,—(1) annual budget, (2) sources of income, (3) solicitation; (B) Collections and Disbursements; (C) Financial Book-keeping.

*Methods of Work will be very fully illustrated by approved records, blanks, and printed matter.

II. Real Estate and Endowment Funds:

(A) Incorporation; (B) Trustees; (C) Endowments; (D) Debt, Taxes, Insurance, and Leases.

III. Records and Public Presentation of the Work:

(A) Records and Statistics; (B) Anniversaries; (C) The Parlor Conference; (D) Printed Matter—(1) the bulletin, (2) annual reports, etc.

IV. Information and Relief:

(A) Boarding Houses; (B) The Employment Bureau; (C) Savings Bureau; (D) Benefit Fund; (E) Visiting the Sick; (F) Destitute Young Men.

V. The Bible in Association Work:

(A) Individual Study—methods and helps; (B) Class Study—(1) a Bible class indispensable, (2) relation of the general secretary, (3) principal divisions, (4) time, place, and appliances, (5) the teacher, (6) the class, (7) the lesson, (8) preparing the lesson, (9) teaching the lesson, hints on training classes, Bible marking; (C) Practical Work with the Unconverted—(1) personal work, (2) the evangelistic Bible class, (3) the Bible in the evangelistic meeting, Bible readings.

VI Religious Meetings, etc.:

(A) The Young Men's Meeting; (B) Other Meetings at the Rooms; (C) Religious work Outside the Rooms—(1) work in public institutions, (2) sermons to young men, (3) distribution of religious reading matter, (4) the invitation committee.

VII. The Place and Value of the Secular Departments.

VIII. The Educational Department:

(A) The Reading Room—furniture, supervision, papers and periodicals how secured; (B) The Library*—apartments, classification, selection, purchase, and care of books, ways and means; (C) Educational Classes—adaptation to needs of community, instructors, class rooms, examinations, etc.; (D) Literary Societies—value, how organized and supervised; (E) Lectures and Talks—use and abuse of lectures, "star" and popular courses, arrangements for, practical talks.

IX. The Social Department:

(A) The Reception Committee; (B) The Social Rooms; (C) Social Entertainments.

X. The Physical Department:

(A) Introductory; (B) Conditions under which a Physical Department should be established; (C) Equipment and Methods—(1) scientific, (2) practical; (D) The Physical Director—(1) qualifications, (2) duties. (See course in Gymnastics and Athletics, at the end of the Fourth Division, page 14.)

*Arrangements are in progress for a special course in Association Library Work.

XI. Work for Boys:

(A) History; (B) Aim and Benefits; (C) Organization; (D) Different Classes; (E) Methods—(1) religious, (2) educational, (3) social, (4) physical.

XII. Work for Special Classes:

(A) College Students—(1) history, (2) methods, (3) outgrowths; (B) Railroad Men—(1) history, (2) aim and benefit, (3) organization and finance, (4) rooms and methods; (C) Commercial Travelers—the field, work, and agencies; (D) Other Nationalities—the German work, the Colored work, N. A. Indians, etc.; (E) Miscellaneous Classes—soldiers, sailors, deaf mutes, lumbermen, firemen, policemen, etc.

XIII. Women's Work for Young Men:

Organization and Methods.

FOURTH DIVISION—General Supervision and Extension.

I. State and Provincial Work:

(A) History and Organization; (B) The State Committee; (C) The Committee's Finances; (D) The State Secretary; (E) The State Convention—(1) preparatory work by the state committee, the program, the convention circular, (2) preparatory work by local association, (3) work at the convention; (F) The District Organization—(1) methods of organization, committee, etc., (2) conferences and visitation, (3) corresponding members.

II. The American International Work:

(A) History and Organization; (B) Field and Work; (C) Paid Agents; (D) Corresponding Members; (E) International Convention; (F) Day and Week of Prayer; (G) Finances.

III. The Central International Committee:

History, Organization, and Work.

Text-book: "Hand-book of the History, Organization, and Methods of Work of Young Men's Christian Associations." This book was prepared especially for the use of this department.

During the entire course the students will have access to the Historical Library of the Young Men's Christian Associations, and will also be required to engage in special courses of reading in connection with the department work.

GYMNASTICS AND ATHLETICS.

It is the purpose of this course to give each student in the Secretarial Department a practical knowledge of this work, that will enable him intelligently to direct a small gymnasium. A sufficient amount of theory will be given to insure the intelligent appreciation of the field. The prescription of exercise, physical diagnosis, and kindred subjects will not be treated of, as experience has shown that a smattering in these lines is a dangerous

thing. Each student will receive a physical examination, and work will be prescribed that will, as far as possible, put him in the best condition for study and future work.

Theory.—Elementary anatomy, physiology, and hygiene.

In connection with these subjects will be taken up the philosophy of the different gymnastic systems, and the theory of massage.

First aid to injured.

Lectures on history of physical education, effect of body on the mind, literature of physical education.

Measurements, how taken and used.

Purity, scientific basis and methods of work for its advancement.

Practice.—Calisthenics. Use of developing apparatus.

Light Gymnastics, including dumb bells, wands, Indian clubs, etc.

Heavy Gymnastics: vaulting, horizontal and parallel bars, horse, buck, etc.

Athletics: walking, running, jumping, throwing the hammer, putting the shot, pole vaulting, base ball, foot ball, lawn tennis.

Class work especially adapted to the needs of the Young Men's Christian Associations, on all of the apparatus, will be committed by the students.

NOTE:—In a number of instances attempts have been made to have the Assistant Secretary conduct the physical department. This is not so desirable as for the General Secretary himself to do it, having an assistant to relieve him in the general work of the Association in order that he may have the time. Work in the physical department gives the Secretary an opportunity to become acquainted with the associate membership such as is not afforded by any other department. It also involves his taking exercise that is necessary for his own well-being, and puts him before his membership in a desirable light. The fundamental idea of the Association—that it is an *association* and not a one-man-affair—should be kept in mind here as in the other departments. Much can be done through the development of leaders, so that where the Secretary is directing the gymnasium, he ought after a time to be obliged to conduct only a leaders' class, all the other classes being led by the men whom he has trained. This is the simple application of the committee idea to the physical department.

DEPARTMENT PRACTICE.

The Associations of Springfield were consolidated on the metropolitan plan during the past year, thus offering added advantages for practically illustrating this system.

During the whole of the Junior Year, all students in this department are required to be members of the *Armory Hill* Branch of the local Association; to do regular practical work on one or more of its standing committees; and to attend all stated meetings of the committees to which appointed.

During the Senior Year, the same must be done in connection with the *Central* Branch unless the student is preparing especially for Railroad work, when he will be required to unite and work with the *Railroad* Branch.

All are given practice in preparing monthly reports of committees, minutes of meetings, items for newspapers and bulletins, printer's copy, and proof reading; and are expected to attend each year at least two Association Conventions. The instructors decline to grant leave of absence to attend conventions other than those prescribed in the Department Course.

SPECIAL LECTURES AND CONFERENCES.

Special lectures by Association Workers of large experience run through the entire course. The following were given in 1890-1891 :

1. April 24, 1890.—F. K. Sanders, Editor of "Intercollegian." "The Relation of the local Secretary to College men and College Associations."

2. April 25.—Geo. A. Warburton, Secretary Railroad Branch, N. Y. City. "How to give an Acceptable Public Address."

3. May 20.—Henry Bond, Waltham, Mass. "Essentials to Business Success."

4. Dec. 2.—S. M. Sayford, "Hindrances to Success in Christian Work."

5. Dec. 3.—J. R. Mott, College Secretary of the International Committee. "The Student Volunteer Movement."

6. Dec. 7.—H. B. Chamberlin, Denver, Colorado. "Privileges of Laymen."

7. Dec. 10.—G. K. Shurtleff, General Secretary, Utica, N. Y. "Business Management."

8. January 9, 1891.—R. M. Armstrong, State Secretary of Massachusetts. "The Managers—kind of men needed, etc."

9. March 13.—Richard C. Morse, General Secretary of the International Committee. "The Influence of American Associations upon Association work in other lands."

10. March 17.—P. A. Wieting, Secretary of the International Committee. "Some ways in which a General Secretary may aid the International Committee in its office work."

11. April 1.—Thomas Cochran of St. Paul, Minnesota. "Business Requisites in the General Secretary."

12. April 21.—Frank W. Ober, General Secretary, Albany, N. Y. "Summer Camping."

13. May 19.—E. L. Loudon, of the International Committee, "Work by and among Commercial Travelers."

April 9–12.—The Eastern Intercollegiate Deputation Conference met in the school building. By courtesy the sessions were open to our students, enabling them to acquire a very comprehensive knowledge of the purposes and methods of College Association Work.

For Elementary Course, see page 24.

For Correspondence Course, see pages 30–32.

For Summer Course, see pages 33–38.

PHYSICAL DEPARTMENT.

MOTTO—E TRIBUS UNUM.

Object: Training for the special duties of Physical Directors.

The whole work of this department is founded on a few general principles, and all the studies are considered with reference to those principles.

These principles are: —

I. Unity.

Man is a unit: body, mind, and soul forming one complete whole, neither complete without the others.

II. Law of Symmetry.

The best results can be secured only when man as a whole is symmetrically developed, not merely each nature with reference to itself, but each nature in relation to the others.

III. "*Function makes Structure.*"

The doing of a thing tends to increase the ability to do that thing. Thus, doing all-round exercises, those which demand symmetrical bodies, tends to produce symmetry.

DEPARTMENT INSTRUCTORS.

LUTHER GULICK, M.D., Supt. of Dept., 153 Westminster street.
Psychology, History and Philosophy of Physical Exercise, Anthropometry.

F. N. SEERLEY, 33 Pendleton avenue.
Applied Physiology and Hygiene.

JAMES NAISMITH, A.B., 786 State street.
Animal Mechanics, Including Physics and Anatomy.

R. A. CLARK, A.B., 786 State street.
Physical Examination and Prescription; First Aid.

A. A. STAGG, A.B. (Special Instructor), 23 Hawley street.
Training: Foot ball; Base ball.

MARY L. JANES, Librarian, 81 Eastern avenue.
Library and Literature of Physical Education.

The instruction in the field and gymnasium will be divided among the several instructors.

The same instructors will have charge of the Correspondence Course.

REGULAR COURSE.—TWO YEARS.

THEORY.

Arranged according to subjects rather than by terms.

ANIMAL MECHANICS.—Based on physics and anatomy. Elementary Physics, *Balfour Stewart.* Energy, Mechanical Powers, Study of the Lever. *Gray's* Anatomy. Osteology, pp. 220-295. Articulation, Lectures, Myology, pp. 362-487. Lectures on combined action of muscles in gymnastics and athletics. Mechanism of bodily movements. Study of relations and insertions of muscles to power and speed. Relation of length of levers to capacity for different sports. Study of individuals as to muscular origin and insertion.

PHYSIOLOGY.—*Martin's* "Human Body." (Large edition.) For reference, *Landois and Stirling, Foster, Kirke, Yeo.* Especial attention will be given to the following: Structure of motor organs. Structure of muscle, muscular growth. Causes affecting growth. Physiology of muscle. Muscular fatigue and exhaustion. Muscular training, stiffness, and rest. Local effects of exercise on muscle. Effects of massage on muscle. Physiology of the nervous system. Effects of the different kinds of exercise on the brain, spinal cord, and nerves. Effects of exercise on circulatory apparatus. "Wind" in training. Alteration of weight by exercise. Waste products of exercise. Energy-yielding foods. Muscle-building foods. Functions of brain and spinal cord. Special lectures on sight and the "subjective functions of the nervous system" will indicate the nature and method of the modern physiological psychology.

HYGIENE.—Text-book of Hygiene, *Wilson.* With especial reference to the following: Duration of life. Causes of disease: heredity, use and abuse of stimulants, tobacco, abuses of eating, mental worry, immorality, late hours. Food and diet. Cleanliness: baths and bath-

ing. Clothing: material, fashion, pressure. Habitations: ventilation, sanitary appliances, disinfection, hygiene of employment.

Massage.—Massage as a mode of treatment, *Murrell*. General principles as applied to development and training. Massage of sprains and strains. Medical massage is not included.

Personal Purity.—Physiology of the reproductive organs. Effects of violation of the laws of purity; on the body, on the mind. Intellectual licentiousness; cause, effects. Hygienic treatment. Quack doctors and their methods.

First Aid to the Injured.—Hand-book of First Aid, *Morton*. Additional lecture on the treatment of sprains, muscular strains, and bruises. The use of bandaging for weak joints and the treatment of every day wounds.

Physical Examination.—Physical Diagnosis, *Page*. Diseases and sequelæ most frequently met with in the examining room. Auscultation, percussion. The use of inspection will be emphasized. The rudiments of the examination of the eyes and ears.

Sphygmography.—The use of the sphygmograph in health. Each student will supply himself with a Dudgeon sphygmograph. The causation of the different elements of the tracings. Work and rest of the heart and arteries; influence of cold, heat, gravity, compression, tea, coffee, tobacco, and stimulants. Each student will prepare in essay form a report of the experiments conducted by himself on some problem that shall be given him. The scientific or inductive method of study will here receive attention, the design being to conduct original scientific investigations by correct principles, and also to enable him to recognize correct and incorrect inductions.

Photography.—Instantaneous photography of athletic work. Stereopticon slides. Time pictures of unusual cases in office. Flash light photography. Each student will supply his own outfit.

Gymnastic Therapeutics.—Underlying principles of the subject rather than the details of application. The treatment of spinal curvature, functional cardiac difficulties, neurasthenia, general debility.

Anthropometry.—Use of anthropometric apparatus. Measurements; how taken, preserved, and used.

Young Men's Christian Association.—The students in this department will be expected to cover during the Junior year an abridged course of eighty lessons in Young Men's Christian Associa-

tion work based upon the outline of the Secretarial Department, on pages 11-14.

Physical Department.—*a.* Fundamental basis and relation to other departments. *b.* Conditions for: demand, gymnasium committee, leader, place. *c.* Methods and equipment: number of classes, leaders, and leaders' corps, visitors. Scientific (office): Physical examination, prescription, measurements, personal purity. Practical (gymnasium, field): kinds of exercise, exhibitions, competitions. *d.* Religious work: personal, Bible training class. *e.* Physical Director: Qualifications, spiritual, mental, physical; training; duties.

Literature of Physical Education.— The following books, will be read by the students and discussed in the class-room: How to get Strong, *Blaikie;* Sound Bodies for our Boys and Girls, *Blaikie;* Physical Education, *Maclaren;* Walker's Manly Exercise, "*Craven*"; Brawn and Brain, *Aldridge;* Physical Culture for Home and School, *Dowd;* Health by Exercise, *Taylor;* Physical Exercise, *Wood;* Athletics and Foot ball, *Shearman;* New Gymnastics for Men, Women, and Children, *Lewis;* Education, *Spencer;* Indian Club Exercises, *Kehoe;* British Sports and Pastimes, *Trollope;* Gymnastics for the Fingers and Wrists, *Ward-Jackson;* Exercise and Training, Their Effect on Health, *Lee;* University Oars, *Morgan;* Physical Education, *Roth;* The Brawnville Papers, *Tyler;* Man, Moral and Physical, *Jones;* Physiology of Bodily Exercise, *Lagrange;* Swedish Educational Gymnastics, *Posse;* A Manual of Anthropometry, *Roberts;* Out-door Papers, *Higginson;* An Hour with Delsarte, *Morgan;* Report of Boston Physical Training Conference.

These papers and pamphlets will also be studied: Anthropometric Manual, Amherst College, *Hitchcock and Seeley;* The Physical Proportions of the Typical Man, *Sargent;* The Anatomy of the Contortionist, *Dwight;* Physical Training. *Sargent;* The Influence of Exercise on Health, *Richards;* The Physical Development of Women, *Sargent;* Military Drill and Gymnastic Training in Physical Culture, *Hartwell;* Military Drill on Boys, *Sargent;* Physiology of Exercise, *Hartwell;* Physical Characteristics of the Athlete, *Sargent;* The Gymnastic Progression, *Enebuske;* Hygiene for Base Ball Players, *Leuf.*

The students will have the use of the Library on Physical Education. This has been built up mostly by the contributions of physical directors throughout the country, and, with the exception possibly of some private collections, is the largest library in our language on this

subject. It contains upwards of three hundred volumes and nearly as many pamphlets, some of which are rare and valuable, besides files and current numbers of magazines. A subject index of the whole will render available what has not hitherto been of service.

PRACTICE.

Believing that as far as possible a teacher should have a knowledge of the whole subject, and not merely of that part that he is to teach, the course in this department has been made as far as possible a complete one, thus of necessity including a good deal that the students will not be called upon to use, but which will nevertheless give them valuable knowledge and training. It is important that a man who is to teach Cæsar should have read more Latin than is contained in Cæsar; he should be familiar with the Latin language as a whole. Thus wrestling and boxing are introduced into this course, not with the idea that our pupils are to teach these things, but because they are integral parts of the subject, and every one who wishes to master the field of gymnastics should know about them.

The method of instruction in gymnastics and athletics is analytic and synthetic. It is called analytic because each exercise is analyzed into the elementary movements of which it is composed. It is synthetic because after learning these elementary movements, they are gradually combined to form the exercise first shown. The student is thus led both to a thorough appreciation and comprehension of the exercise as a whole, and to its intelligent performance.

Although it is desired to give the student as wide a range of practice as possible, still it is deemed unwise to attempt any work of a hazardous nature.

Special attention will be given to the building up of the weak parts of the student, and the development of a strong, erect, symmetrical, and graceful figure. Two hours a day will be given to practice throughout both years.

GYMNASTICS.—*Junior Year.* Calisthenics. Use of Developing Apparatus: Chest weight, floor and overhead pulleys, etc. Light Gymnastics, Elementary, Dumb bells, Indian clubs, wands. Heavy Gymnastics, Elementary: Vaulting bar, horizontal bar, parallel bars, horse, buck.

Senior Year. Sparring; Wrestling; Fencing; Normal work, leading of classes, etc. Light Gymnastics: Dumb bells, Indian clubs, wands. Heavy Gymnastics; Vaulting bar, horizontal bar, parallel bars, horse, buck.

PEDAGOGY.—Attention will be given to the art of teaching. Each student will be given practice in the actual leading of classes.

INVENTION OF EXERCISES.—Especial attention will be given to the construction of gymnastic drills to meet especial cases and classes. Each student will be required to prepare and submit such drills to the instructors.

ATHLETICS.—Believing that athletics in their various forms are destined, on account of their superior hygienic, educational, and recreative value, to receive a far larger share of attention from the Associations than they have as yet secured, this work is placed in the curriculum on the same plane with gymnastics. A field for athletics has just been purchased and will be fitted up at once with the necessary appliances. Seven acres are to be given exclusively to this purpose. Land adjoining, also owned by the school, will afford additional opportunity for practice in foot ball, la crosse, etc., when the regular grounds are occupied. Especial emphasis will be laid on the Pentathlon, or five-fold contest, consisting of the 100-yard dash, running high jump, throwing 12-pound hammer, pole vault, and mile run. This will form the chief basis of the estimate of the students' standing in athletics.

AQUATICS.—Unusual facilities are offered for rowing by the Connecticut river. Two, four, and six oared gigs will give students the opportunity for practice.

Each student will learn to swim in the various styles, and will be taught methods for rescuing and restoring the drowning.

During the Junior year, all students of this department are required to be members of the *Armory Hill* Branch of the local Association, to do regular practical work on one of its standing committees ; and to attend all stated meetings of the committee to which appointed. During the Senior year the same must be done in connection with the *Central* Branch.

They will also be expected during the course to visit the large gymnasiums of either Boston or New York and that of either Harvard, Yale, or Amherst, and to attend the annual meeting of the American Association for the Advancement of Physical Education, unless held at too remote a locality ; also to attend each year one State or International Convention of the Young Men's Christian Associations.

Of the general course on pages 8-10, the students in this department take Systematic Bible Truth, Exegesis, Training Class work, Prayer Meeting Talks, and Literary Society, omitting Vocal Music, Rhetoric, Bible History, and Church History. It will thus allow two

hours a day for department work, one for practice, and one for theory. An average of three hours daily will be necessary in preparation for each recitation in theory. See schedule of Class Room Work on pages 26-27.

POST GRADUATE COURSE.

A post graduate course of one year will be offered next fall. It has been found that there are those who are desirous of pursuing the studies in this field further than is possible in the two years' course. The seminary method will be adopted, discussion taking the place of lecture and recitation.

PHYSIOLOGICAL PSYCHOLOGY.—"Psychology" by *William James*, professor of this subject at Harvard University, will be used as a basis of discussion. Particular attention will be given to the influence and effects of body on mind, growth of mind in children, development of mind in the weak-minded.

HISTORY AND PHILOSOPHY OF PHYSICAL EDUCATION.—The design of this study is to give the student a clear knowledge of the work that has been done along these lines. The fundamental principles and aims of each system will be studied. The athletics of the Greeks, influence on national life, the "Pentathlon"; German gymnastics, life of Jahn, the Turners and their place in the Napoleonic war, Turnverein, school gymnastics, miltiary gymnastics; gymnastics in Sweden, Ling and his work, Royal Gymnastic Institute at Stockholm, Swedish "movement cure"; the renaissance of athletics in France, life and work of Delsarte; English athletics; physical education in America; history of physical department of the Young Men's Christian Association.

ANTHROPOMETRY.—Bodily measurement charts and their mathematical basis; the "percentile" method of Sir Francis Galton, the "physical height of a unit" method of Dr. Hitchcock, the ordinary "average" method, an original method on the basis of the "mean." Typical *versus* perfect form. Proper use of anthropometric charts, fallacies involved in some of them. Each student will prepare a chart according to each method presented from statistics furnished by the department. Tests for keenness of eyesight, speed of blood, rapidity of reflex action,—original work will be carried on in regard to the

relation of these and similar tests to the capacity of the individual for mental and physical work of different classes. Characteristics of different classes of gymnasts and athletes. Selection of men for competitive sports according to their physical characteristics. The investigations of M. Quetelet.

Literature of Physical Education.—Discussions will be carried on as during the senior year, taking up the following works :—

Salzman's Gymnastics for Youth ; Physical Education, *Roth ;* Systematic Training of the Body, *Schaible ;* Physical Training in American Colleges, *Hartwell;* Swedish Educational Gymnastics, *Posse;* Exercise and Training, their Effect upon Health, *Lee ;* University Oars, *Morgan ;* Anatomy of the Contortionist, *Dwight ;* Physical Development of Women, *Sargent ;* Effects of Military Drill upon Boys, *Sargent ;* Physical Characteristics of the Athlete, *Sargent ;* Natural Inheritance, *Galton ;* Inquiries into Human Faculty, *Galton ;* Memory, *Key ;* Influence of Mind on Body, *Tuke ;* Proceedings American Association Advancement Physical Education.

Thesis.—Each student shall present a thesis of not less than three thousand words embodying the results of original investigations upon a subject approved by the faculty. After delivery, this thesis shall become the property of the physical department library.

Candidates must be graduates of the regular course, or have a training which will be received as equivalent by the instructors. Tuition will be the same as for the regular course.

ELEMENTARY COURSE OF ONE YEAR.

It has been found that the one month's training that has been given in the summer schools is entirely unsatisfactory as a short preparation for the work. Accordingly, an elementary course of one year has been arranged for those who are unable to take the complete course. This will be the same course in theory in the physical department that is given to the students in the secretarial department (see p. 15). These one year men will also have the same course in secretarial work that is given to the regular physical department students (see foot of page 19). In gymnastics and athletics they will practice with the students of the Junior class. In addition these students will take

the work of the Training Class, Literary Society, Prayer Meeting Talks, and Systematic Bible Truth.

This course will be desirable for students who find it necessary to combine the duties of Assistant Secretary and Physical Director. See note on page 15.

For Correspondence Course, see pages 30-32.

For Summer Course, see pages 33-38.

SCHEDULE OF CLASS WORK

(LIABLE TO CHANGE.)

JUNIORS.

		Secretarial Department.	Physical Department.
Monday.	8.30 a. m.		
	9.30 "		Department Theory.
	10.30 "	Rhetoric.	Department Practice.
	2.00 p. m.	*Vocal Music or Physiology.	
	3.00 "		
	4.00 "	Bible History.	
Tuesday.	8.30 a. m.	Systematic Bible Truth.	Systematic Bible Truth.
	9.30 "		Department Theory.
	10.30 "	Rhetoric.	Department Practice.
	3.00 p. m.		
	4.00 "	Bible History.	
	7.30 "	Junior Training Class.	Junior Training Class.
Wednesday.	8.30 a. m.	Systematic Bible Truth.	Systematic Bible Truth.
	9.30 "		Department Theory.
	10.30 "	Department Work.	Department Practice.
	2.00 p. m.	*Vocal Music or Physiology.	
	3.00 "		
	4.00 "	Bible History.	Y. M. C. A. Work.
Thursday.	8.30 a. m.	Systematic Bible Truth.	Systematic Bible Truth.
	9.30 "		Department Theory.
	10.30 "	Department Work.	Department Practice.
	2.00 p. m.	*Vocal Music or Physiology.	
	3.00 "		
	4.00 "		Y. M. C. A. Work.
Friday.	8.30 a. m.		
	9.30 "		Department Theory.
	10.30 "	Department Work.	Department Practice.
	2.00 p. m.	*Vocal Music or Physiology.	
	3.00 "		
	4.00 "	Prayer Meeting Talks and Literary Societies.	P M. T. and L. S.

*Vocal Music during first term; Physiology during second and third terms.

All students are expected to attend daily prayers at 5 p. m. and to furnish original compositions once in three weeks. Secretarial students practice daily in the Physical Department at 11.45 a. m.

BY DEPARTMENTS.

(LIABLE TO CHANGE.)

SENIORS.

		Secretarial Department.	Physical Department.
Monday.	8.30 a. m.		Department Theory.
	9 30 "		
	10.30 "	Department Work.	
	2.00 p. m.	*Physiology or Study of Man.	
	3.00 "	Church History.	
	4.00 "		Department Practice.
Tuesday.	8.30 a. m.		Department Theory.
	9.30 "		
	10.30 "	Department Work.	
	3.00 p. m.	Exegesis.	Exegesis.
	4 00 "		Department Practice.
	7.30 "	Senior Training Class.	Senior Training Class.
Wednesday.	8.30 a. m.		Department Theory.
	9.30 "	Systematic Bible Truth.	Systematic Bible Truth.
	10.30 "		
	2.00 p. m.	*Physiology or Study of Man.	
	3.00 "	Exegesis.	Exegesis.
	4.00 "		Department Practice.
Thursday.	8.30 a. m.		Department Theory.
	9.30 "	Systematic Bible Truth.	Systematic Bible Truth.
	10.30 "		
	2.00 p. m.	*Physiology or Study of Man.	
	3.00 "	Exegesis.	Exegesis.
	4.00 "	Church History.	Department Practice.
Friday.	8.30 a. m.		Department Theory.
	9.30 "	Systematic Bible Truth.	Systematic Bible Truth.
	10.30 "		
	2.00 p. m.		
	3.00 "	Church History.	Department Practice.
	4.00 "	Prayer Meeting Talks and Literary Societies.	P. M. T. and L. S.

*Physiology during first term; Outline Study of Man during second and third terms.

A Junior shall be eligible for promotion only after passing satisfactorily in every study of the first year, and upon recommendation of the department superintendent.

A Senior shall be eligible for graduation only after passing satisfactorily in every study of the course and upon recommendation of the department superintendent.

TERMS OF ADMISSION.

The Association Training School is open only to Christian young men, over eighteen years of age, who *have already shown ability* in the direction of the work for which they wish to prepare. Each applicant shall be a member in good standing of an evangelical church, and if admitted shall bring a certificate to this effect and unite with some church of his choice in this city.

Each applicant for admission shall give evidence of having had at least a fair English education. If a graduate of a college or high school, he shall, upon entering, show his certificate of graduation; if not, he must, before he can be accepted, pass a preliminary examination. Business experience is *very desirable.*

Several weeks are sometimes required in making a thorough investigation, hence the desirability of making application as early as possible. Only after satisfactory reports are received can any student be admitted to the school. The school year begins with the first Wednesday in September. Students who enter for one year, or the course, will not be admitted after the last of September. In extreme cases men will be admitted for a part of a year, but nothing aside from the regular work is promised to such.

It will be greatly to the advantage of all to enter at the *beginning* of the year, and too much emphasis cannot be laid upon the importance of taking *the entire course.*

Each shall give at least one week's notice if for any reason he wishes to leave the school before the end of the year.

Each is received upon probation; and when it becomes clearly evident that the prerequisites for success are wanting, he will no longer be retained in the school.

Each student who has not already done so is urged to read carefully, in advance of his coming, "The Student's Manual" by Rev. John Todd.

ROOMS.

Each student lodging in the building will care for his own room, which must be kept scrupulously clean. *He will be expected to provide sheets, pillow and bolster slips, towels, and soap.* Beds are all single, 3 feet in width; pillows, 18 x 26 inches; bolsters, 18 x 36 inches. Rooms are liable to weekly inspection.

ESTIMATE OF EXPENSES

FOR THE SCHOOL YEAR OF FORTY WEEKS.

The following table is based upon the experience of 1890-91.

	Secretarial Department.	Physical Department.
Table board,	$130 to $150	$130 to $150
Furnished room with light and heat,	40 " 55	40 " 55
Tuition,	50 " 50	50 " 50
Gymnasium suits,*	6 " 10	25 " 40†
Washing,	12 " 20	12 " 20
Text and note books,	12 " 20	20 " 35
Conventions,	15 " 18	15 " 25
Full membership in local Association,	2 " 2	2 " 2
Sphygmograph and photography,		50 " 75
	267 to 325	344 to 452

THE ABOVE ESTIMATE COVERS ONLY THE ITEMS SPECIFIED, AND NOT OTHER NECESSARY INCIDENTALS, WHICH EACH MUST CALCULATE FOR HIMSELF.

The expenses of transients vary from $6.00 to $7.00 per week.

Only forty-four students can be lodged in the present building, and rooms are assigned as the students are accepted; rooms so assigned, unless by special engagement, will not be held more than one day after the opening of the term. Furnished rooms outside the building cost from $1.25 to $2.00 per week; table board, from $3.25 to $4.00 per week.

Tuition is payable *promptly* on the last Mondays in September and January, one-half at each payment. Room rent, on last Monday in each month. No reduction of rent will be made to a student who engages a room and fails to appear at the specified time, nor to one who vacates his room less than a month before the close of the school. Rent stops only when the room is vacated and the key delivered to the janitor. A deposit of twenty-five cents will be required for each key to the entrance of the gymnasium.

Students will save themselves trouble and expense by bringing exchange on New York and Boston banks rather than local checks.

*Students are advised not to purchase gymnasium or athletic suits before coming to the school, as the school has regulation colors and suits which all are expected to wear.

†*Gymnasium.*—Long-sleeved jersey, $3.00; pants, $3.00; belt, 50c.; shoes, $2.50. *Field.*—Foot ball suit (including shoes), $8.00; sleeveless jersey, $2.50; sweater, $3.50; spiked shoes, $4.50; tennis shoes, $2.50; running pants, 75c.; hat, 50c.

CORRESPONDENCE COURSE.

BEGINNING SEPT. 2, 1891.

SECRETARIAL DEPARTMENT.

This is a provision in response to a deeply felt and widely expressed need for extending as far as possible the advantages of the Secretarial Department. Many have had only a partial training for the secretaryship, some none at all, and still others, though recognizing their lack and desirous of more thorough preparation, have been unable for various causes to obtain it.

The Correspondence Course will include the whole of the Department Course outlined on pages 11-14 (excepting gymnastics and athletics), and not the General Biblical Course outlined on pages 8-10, and *personal* contact with both instructors and fellow students is necessarily forfeited; yet, while thus limited, it is possible through intelligent direction to obtain much better results than could be expected from *unaided individual* effort. The instructors will be the same as in the regular school course.

The outline will be covered in forty sections of five lessons each. The first part, consisting of twenty sections, will embrace the "Field, Objects, and History" of the Young Men's Christian Association, and "The Organization and its Home" (see pages 11-12). The second part will include "Methods of Work," and "General Supervision and Extension" (see pages 12-14). "The Hand Book of Young Men's Christian Associations" will be used as a text-book. By close application of at least one hour a day for five days of the week it is believed that the course may be covered within two years.

The method of study embraces written questions, answers, outlines, suggestions, collateral reading and study, papers, reviews, and examinations. Each student will receive weekly an outline of work with suggestions. Reviews will be required at the completion of the first and second parts of the course, and a certificate will be given to those passing 70 per cent. in an examination upon the whole.

ADMISSION.—The Correspondence Course will be limited to those *already engaged in Association work.* While the year begins with the first Wednesday in September, yet students may be received at any time, but no correspondence concerning the studies will be conducted during the summer months; it is therefore better to commence early and avoid the necessary interruption.

FEES.—An enrollment fee of $5 is required when the student is admitted. The tuition fee is $20 for the course; one-half payable when the studies are begun, the other half at the beginning of the second part of the course.

POSTAGE.—Students must enclose stamps each time of writing sufficient for return postage.

PHYSICAL DEPARTMENT.

The aim will be to meet as far as possible by correspondence the needs of those who are unable to come to Springfield, but who desire the advantages that are offered here in the direction of a knowledge of Physical Education.

This course is designed for physical directors and assistants; others who are specially fitted to take it may join if approved by the instructors. Those who are unable on account of financial difficulties to come to the school can avail themselves of this opportunity to secure a considerable part of the desired training, and at the same time be supporting themselves. Physical directors who realize the need of further study along these lines are thus offered the desired opportunity. A person able to spend but one year at the school could so prepare himself by summer and correspondence schools that this year would suffice to complete the course and enable him to graduate.

The work demanded by the course will be considerable. This is necessary, as the ground to be covered is large and the knowledge needed is thorough.

The instruction will, of course, be individual; progress can thus be made as slow or as rapid as circumstances may demand or allow. It will be found advantageous, however, to give to it not less than two hours daily.

A series of four courses will be arranged for correspondence work. Each course will consist of forty sections, each section consisting of five lessons, each of which will demand on an average two hours' study. The subject matter covered will be the same as that covered at the school (for outline see pages 18-22). The same text-books will be used. Work will be given out for each day, important points noted, and difficulties explained. Directions will be given for carrying on the experiments which are helpful in such studies as Physiology and Physics.

Those subjects which as yet have no satisfactory text-books and which are given in the form of lectures will be written out for the use of the students taking the Correspondence Course.

There will be monthly written examinations. The students of this department will have the same privilege of questioning on difficult points connected with the subject as have those actually on the ground.

Courses in practice at the Summer School will give the basis for the practice that should be carried on during the year. Thus systematic study and regular attendance at the Summer Schools will give a knowledge of that which is taught at our school second only to that which could be learned by actual attendance.

Tuition will be twenty-five dollars for each course of forty sections; fifteen payable on registration and ten on completion of each twenty sections. All expense for postage will be met by the student.

FIFTH SUMMER SESSION.

BOTH SECRETARIAL AND PHYSICAL DEPARTMENTS.

Opening Sunday afternoon, August 2, and closing Saturday afternoon, August 29, 1891.

Last year two sessions were held, one at Lake Geneva, Wisconsin, and the other at Springfield, Mass. Largely increased opportunities for advanced work are offered as the result of the consolidation at one point, which it is hoped will more than repay the additional expense incurred by those coming from a distance.

INSTRUCTORS.

PROF. E. I. BOSWORTH,*
(Professor of English Bible, Oberlin Theological Seminary.)
BIBLE STUDY.

J. T. BOWNE,
ORGANIZATION AND METHODS OF ASSOCIATION WORK.

LUTHER GULICK, M.D.,
ATHLETICS AND AQUATICS.

F. N. SEERLEY,
PHYSIOLOGY, TRAINING, PHYSICAL DEPARTMENT MANAGEMENT.

H. F. KALLENBERG,
GYMNASTICS, FENCING, WRESTLING.

JAMES NAISMITH, A.B.,
ANTHROPOMETRY, SWEDISH SYSTEM OF GYMNASTICS.

R. A. CLARK, A.B.,
PHYSICAL EXAMINATION, PRESCRIPTION, FIRST AID.

J. S. GAYLORD, A.B.,
DELSARTE SYSTEM.

MARY L. JANES, LIBRARIAN,
LIBRARY AND LITERATURE OF PHYSICAL EDUCATION.

*Prof. Bosworth, who is now taking a special course in the University of Leipsic, Germany, will return for the month of August to take charge of the Bible Study.

SPECIAL LECTURERS.

CEPHAS BRAINERD, Chairman of International Committee, "The Young Men's Christian Association before the War."

E. HITCHCOCK, M.D., Professor of Physical Education, Amherst College, "Some Recollections of Leaders in Physical Education and Gymnastics."

F. H. BARTLETT, M.D., Physical Director Twenty-third Street Branch, New York City, "Life and Work of Dio Lewis."

PROF. C. S. BEARDSLEE, Hartford Theological Seminary, "Fundamental Importance of Bible Study."

J. W. COOK, Asst. State Secretary of Massachusetts Y. M. C. A. "Recent Experiences in Financial Management."

C. D. SCUDDER, M.D., of New York City, "Purity."

D. F. MORE, State Secretary of New Jersey, "Division of Labor; Its Importance and the Secretary's Relation thereto."

O. C. MORSE, "Relation of a Student to his Alma Mater."

REV. D. A. REED, "The Breadth of Christian Work."

STUDENTS IN SUMMER SCHOOL, 1890.*

(W) Western Section. (B) Both Sections.

BERRY, W. D., Y. M. C. A. Training School,	Springfield, Mass.
BRITT, G. W., (W) General Secretary Y. M. C. A.,	Lake Geneva, Wis.
BURSLEY, C. M., Physical Director Y. M. C. A.,	Watertown, N. Y.
CASKEY, R. J., (W) Principal Collegiate Institute,	Salt Lake City, Utah.
CLARK, R. A., A.B., Physical Director Y. M. C. A.,	Burlington, Vt.
CLAYTON, E. R., (W) Physical Director Y. M. C. A.,	Davenport, Iowa.
CLOSE, G. H., Physical Director Y. M. C. A.,	Hudson, N. Y.
DAWSON, M. L., D.D.S., Physical Director Y. M. C. A.,	Richmond, Va.
FRATER, F. J., (B) Physical Director Y. M. C. A.,	Knoxville, Tenn.
GEBHARDT, W. H., (W) Physical Director Y. M. C. A.,	Pullman, Ill.
GWIN, M. F., (W) Physical Director Y. M. C. A.,	South Bend, Ind.
HALSTED, A. T., Y. M. C. A. Training School,	Springfield, Mass.
HARRIS, C. E., Physical Director Y. M. C. A.,	St. Johnsbury, Vt.
HARRISON, LUKE, Physical Director Y. M. C. A.,	Wheeling, W. Va.

*The *present* position and location of students are given as far as possible. No session of the Secretarial Department was held in 1890.

HOFFMAN, H. C., Physical Director Y. M. C. A., Harrisburg, Pa.
HOFFMAN, W. E., Physical Director Y. M. C. A., Wilmington, Del.
HOWLAND, J. A., Physical Director Y. M. C. A., Providence, R. I.
INGRAM, H. S., (W) Y. M. C. A. Training School, Chicago, Ill.
JAMESON, A. A., (W) Physical Director Y. M. C. A., Augusta, Ga.
KABLE, P. O., Physical Director Y. M. C. A., York, Pa.
KINNICUTT, W. H., Assistant Secretary Y. M. C. A., New Bedford, Mass.
LORING, B. T., Physical Director Y. M. C. A., Hamilton, Ont.
MANDEVILLE, H. F., Easthampton, Mass.
MANGUM, C. S., Physical Director University of North Carolina, Chapel Hill, N. C.
MCCURDY, J. H., Assistant Physical Director Y. M. C. A., 23d street Branch, New York City.
MERWIN, M. K., Y. M. C. A. Training School, Springfield, Mass.
MINGES, J. A., Physical Director Y. M. C. A., Williamsport, Pa.
MINTZER, G. W., Physical Director Y. M. C. A., N. W. Branch, Philadelphia, Pa.
PENTLAND, J. C., (W) Physical Director Y. M. C. A., Quincy, Ill.
PHILLIPS, E. B., General Secretary Y. M. C. A., Winsted, Conn.
RAGLAND, C. D., Teacher Randolph-Macon Academy, Bedford City, Va.
SCHENK, JOHN, (W) Physical Director Y. M. C. A., Fresno, Cal.
SHAW, J. W., (W) Physical Director Y. M. C. A., Joliet, Ill.
SHERIDEN, M. H., Newburgh, N. Y.
SMITH, G. K., Assistant Secretary Y. M. C. A., Asheville, N. C.
SLEVIN, W. H., (W) Physical Director Y. M. C. A., Toledo, Ohio.
STOCKWELL, A. P., Physical Director Armory Hill Y. M. C. A., Springfield, Mass.
STOLLBERG, C. A., Physical Director Y. M. C. A., Canton, Ohio.
THAYER, G. B., Physical Director Y. M. C. A., Hartford, Conn.
TOWNSEND, H. A., Physical Director Y. M. C. A., Portland, Oregon.
VAN CAMPEN, A. C., (W) General Secretary Railroad Y. M. C. A., Brainerd, Minn.
VAN NESS, E. C., (W) General Secretary Y.M.C.A., Port Huron, Mich.
WARNER, C. P., General Secretary Y. M. C. A., Greensburg, Pa.
WARNER, JOHN, Acting Secretary Y. M. C. A., Millville, N. J.
WEGENER, A. B., (W) Y. M. C. A., Training School, Chicago, Ill.
WHITE, J. H., Physical Director Y. M. C. A., New Brunswick, N. J.

COURSES OF STUDY.

BIBLE STUDY.—Instructor, E. I. BOSWORTH.

Twenty-four lessons, ... $5.00

1. The biography of St. Paul as presented in the Acts and Epistles. 2. The study of Philippians. 3. Events in the last week of our Lord's life. The study will be inductive. It will be to the advantage of the student to read in advance *Stalker's* "Life of St. Paul."

SECRETARIAL WORK.—Instructor, J. T. BOWNE.

Twenty-four lectures, ... $5.00

An Elementary Course on the Field, Objects, Organization, Methods, and Extension of Young Men's Christian Associations.

PHYSICAL DEPARTMENT WORK.— Lectures only.
Instructor, F. N. SEERLEY.

Six lessons, ... $2.00

Same as regular course (see page 20).

LIBRARY AND LITERATURE OF PHYSICAL EDUCATION.—Use of library included. Instructor, MARY L. JANES.

Six lessons, ... $2.00

(Free to contributors.)

Literature of the profession, use of public libraries, building up a private library, use of newspapers and other current literature, the card catalogue, general library economy, reviews of books and authors.

PHYSIOLOGY.—Text-book, *Martin's* "Human Body," $2.20.
Instructor, F. N. SEERLEY.

Twenty-four lessons, ... $5.00

The same outline will be followed as for the regular course (see page 18), but less emphasis will be placed upon the subjective functions of the nervous system and the sense of sight.

FIRST AID.—Text-book, *Morton's* "Hand Book of First Aid."
Instructor, R. A. CLARK.

Twelve lessons, ... $3.00

The tuition includes "Hand Book," cost of diploma, and bandages. Same as regular course (see page 19).

PHYSICAL EXAMINATION AND PRESCRIPTION OF EXERCISE.—Text-book, *Page's* "Physical Diagnosis," $2.00. Instructor, R. A. CLARK.

Twenty-four lessons, ... $10.00

Same as regular course (see page 19 ¶ 4 and 7).

TRAINING.—Lectures only. Instructor, F. N. SEERLEY.

Six lessons, ... $2.00

General principles and effects on the body. Training for wind, muscle, endurance, speed, habit. Effects of each. Training for all-round athletic contest. Training for individual events: sprint running, high jumping, long distance running, hammer throwing, putting shot, hurdle running.

ANTHROPOMETRY.—Lectures only. Instructor, J. NAISMITH.

Twelve lessons, ... $4.00

Use of anthropometric apparatus. Measurements, how taken, preserved, and used. Bodily measurement charts and their mathematical basis, the "percentile" method of Sir Francis Galton, an original method on the basis of the "mean." Typical *versus* perfect form. Proper use of anthropometric charts. Characteristics of different classes of gymnasts and athletes. Selection of men for competitive sports according to their physical characteristics.

SWEDISH SYSTEM OF EDUCATIONAL GYMNASTICS.—Lectures and practice. Instructor, JAMES NAISMITH.

Eighteen lessons, ... $5.00

Not a general study of gymnastics from a Swedish view, but a study of the distinctive features of the Swedish work, taking for granted a previous study of anatomy, physiology, and general gymnastics. This will be presented from an association standpoint, and those features of the gymnasium practice which can be made useful in association work will be dwelt upon.

DELSARTE GYMNASTICS.—Lectures and practice. Instructor, J. S. GAYLORD.

Twenty-four lessons, ... $7.00

Biographical sketch. Principles of Delsarte gymnastics: general principles of art; the laws of expression, of correspondence, of opposition; the principle of trinity. Æsthetic gymnastics considered in relation to physical, intellectual, and moral culture. Practice, including exercises in decomposing, energizing, harmonic poise and gesture. Application to various forms of work, play, and gymnastics.

GYMNASTICS, FENCING, AND WRESTLING.—H. F. KALLENBERG and assistants.

Elementary, twenty-four lessons,	$5.00
Advanced, twenty-four lessons,	5.00
Fencing, twenty-four lessons,	12.00
Wrestling, twelve lessons,	6.00

Under elementary gymnastics such work will be taught as is best adapted to men who have not taken systematic exercise: free hand, wands, dumb bells, pulley weights, and apparatus work with buck, horse, vaulting, parallel, and high bars. The advanced course, for those who have mastered the "practice exercises," gives more complicated drills and difficult exercises. In the apparatus work, form and grace will be insisted upon. Suggestive exercises will be given to aid in the invention of drills. Classes will be formed in fencing and wrestling.

ATHLETICS AND AQUATICS.—DR. LUTHER GULICK and assistants.

Twenty-four lessons,	$10.00

Superior advantages are offered by the new athletic field. As in the regular course, special attention will be given to the five sports composing the Pentathlon (see page 22). Some attention will be given to other sports and games. Those who wish to play tennis should bring rackets.

The opportunities for rowing and swimming should be emphasized. All the privileges of the regular school are offered to the summer students. (See page 22.)

Each student in the Summer Course is expected to engage in at least three exercises per day, including practice, and is advised not to undertake more than four. Any courses may be chosen subject to the approval of the instructors.

For a new student preparing for Secretarial work, a good elementary course would be Bible study, organization, and methods of association work, and practice in gymnastics and athletics.

For one entering the school for the first time in preparation for the work of a physical director, a good course would be Bible study, physiology, and practice in gymnastics and athletics; for a student who has already taken this in a previous year, physical examination

and prescription of exercise, first aid, and advanced gymnastics; for a man of more experience a special course might include anthropometry, Swedish, or Delsarte work, fencing, or any studies selected; and to any of these might be added one of the six lecture courses in training, management of the physical department, or literature; enough new work has been added so that one who has already attended two or three sessions can easily spend the month profitably.

Students planning for Physical Department work will notice that in several of the studies the outline covered is the same as that of the regular course. It will be possible to cover this only by long lessons each day and continuous, hard study. This arrangement has been made so that by attending the Summer Session two or more seasons and studying at home during the year, a man might fit himself to enter the school in the Senior year if he wished, thus completing the regular work of this department by one year at the school. The Correspondence Course will be valuable to those who follow this plan.

The special lectures by men well known in Association circles will be a valuable addition to the course. The opening and closing addresses will be especially good. The library may be made very helpful. A great advantage to those who have recently entered the field is the opportunity for contact and acquaintance with others of larger experience, and the chance for conference and exchange of ideas should be valuable to all.

TERMS OF ADMISSION.

The Summer Session is intended primarily for those who are already engaged in Association work. General secretaries and physical directors will be admitted without examination. Medical men college students, and others who are specially qualified may be admitted at the discretion of the instructors. All will be required to fill out blanks giving necessary information for the records of the school. No reduction in fees will be made where only a part of a course is taken. Visitors are always welcome, and may be admitted to classes, lectures, or exercises, by permission of the officers.

Prospective students will do well to be on hand early, in order to get settled and ready for work. A month is short at the longest for what is anticipated, and this will involve that no time be lost in starting. The work will commence in full from the start. Those coming a day late will find it impossible to get all that is offered as no repetition can be made.

EXPENSES FOR SUMMER COURSE.

Tuition and books, determined by course taken.	
Room rent in building (see note below), or near,	$5.50 to $7.00
Board,	14.00 " 20.00
Suits.—Those taking athletics should have jumping shoes which are sold here for about	4.50
And running pants costing about	65
And belt,	35
Those working in the gymnasium will wear long, loose gray pants, costing here	3.00
And black jerseys at about (for two)	4.00
And gymnasium shoes,	2.20
No tights will be allowed on the floor.	

NOTE.—The building will accommodate forty-four students. Those making the first applications for rooms will receive the first assignments. Room rent and washing of blankets, $5.50, must be paid in advance. Each student lodging in the building must care for his own room. He will be expected to provide sheets, pillow and bolster slips, towels, and soap. Beds are all single, 3 feet in width ; pillows, 18x26 inches ; bolsters, 18x36 inches.

To engage rooms, address

J. W. STEBBINS, 44 Buckingham St., SPRINGFIELD, MASS.

FOR GENERAL INFORMATION

concerning the School or its finances, apply to

OLIVER C. MORSE, Secretary Int. Y. M. C. A. Training School,
SPRINGFIELD, MASS.

FOR SPECIAL INFORMATION

concerning the work of the Departments, address :

J. T. BOWNE, Supt. Secretarial Dept., 35 Clarendon St.

LUTHER GULICK, M.D., Supt. Physical Dept., 153 Westminster St.
SPRINGFIELD, MASS.

DAILY SCHEDULE OF SUMMER SESSION.

	RECITATION ROOMS.	GYMNASIUM.	FIELD.	
8	Bible Study. (24)*			8
9	Physical Examination and Prescription of Exercise. (24) Org. and methods of Y. M. C. A. work. (24)			9
10	Physiology. (24)			10
11		Fencing. (24)	Athletics and Aquatics. (24)	11
12		Wrestling. (12)	Athletics and Aquatics. (24)	12
2	First Aid and Bandaging. (12) Anthropometry. (12)			2
3	Physical Dept. Asso. and its management. (6) Training, (6) Special Lectures.			3
4		Gymnastics, Elementary. (24)	Athletics and Aquatics. (24)	4
5		Gymnastics, Advanced. (24)	Athletics and Aquatics. (24)	5
7	Swedish System of Gymnastics. (18) Library. (6)	(Swedish.)		7
8	Delsarte Gymnastics. (24)	(Delsarte.)		8

* Figures in brackets indicate the number of lectures or recitations.

CONTRIBUTIONS.

Inquiries concerning the finances will receive immediate attention if addressed to OLIVER C. MORSE, Secretary International Y. M. C. A. Training School, Springfield, Mass., and remittances may be made payable to his order.

FORM OF BEQUEST.

I give and bequeath to the International Young Men's Christian Association Training School, Springfield, Mass., the sum of dollars.*

BEQUEST FOR ENDOWMENT.

I give and bequeath to the International Young Men's Christian Association Training School, Springfield, Massachusetts, the sum of , to be safely invested by them and called the Fund. The interest of this fund to be applied to the use of the School.*

PEPETUAL LOAN FUND.

For the purpose of founding a perpetual loan fund in the International Young Men's Christian Association Training School, Springfield, Mass., (or either of its departments if so stated) I hereby give the sum of five thousand dollars—or its equivalent in good securities at cash value—to be safely invested by them, the income to be loaned toward the education of students who have already shown ability in the School.

*Or the testator may specify, towards the current expenses; or towards the support of a chair of instruction in the general course, or in either of the departments; or to be used as a loan towards the education of students who have shown ability in either of the departments.